THE FUN COOKING MAGAZINE FOR FAMILIES

CHOPCHOP™

A SPECIAL SKILLS ISSUE

HOW TO DO ALMOST EVERYTHING

We show you how to slice, chop, mash, peel, zest, juice, measure, season, blend, grate, set the table, start a conversation, open a can, grow herbs, and get yourself a library card.

PLUS

Check out our new *ChopChop* online video series for hands-on demonstrations

VISIT…

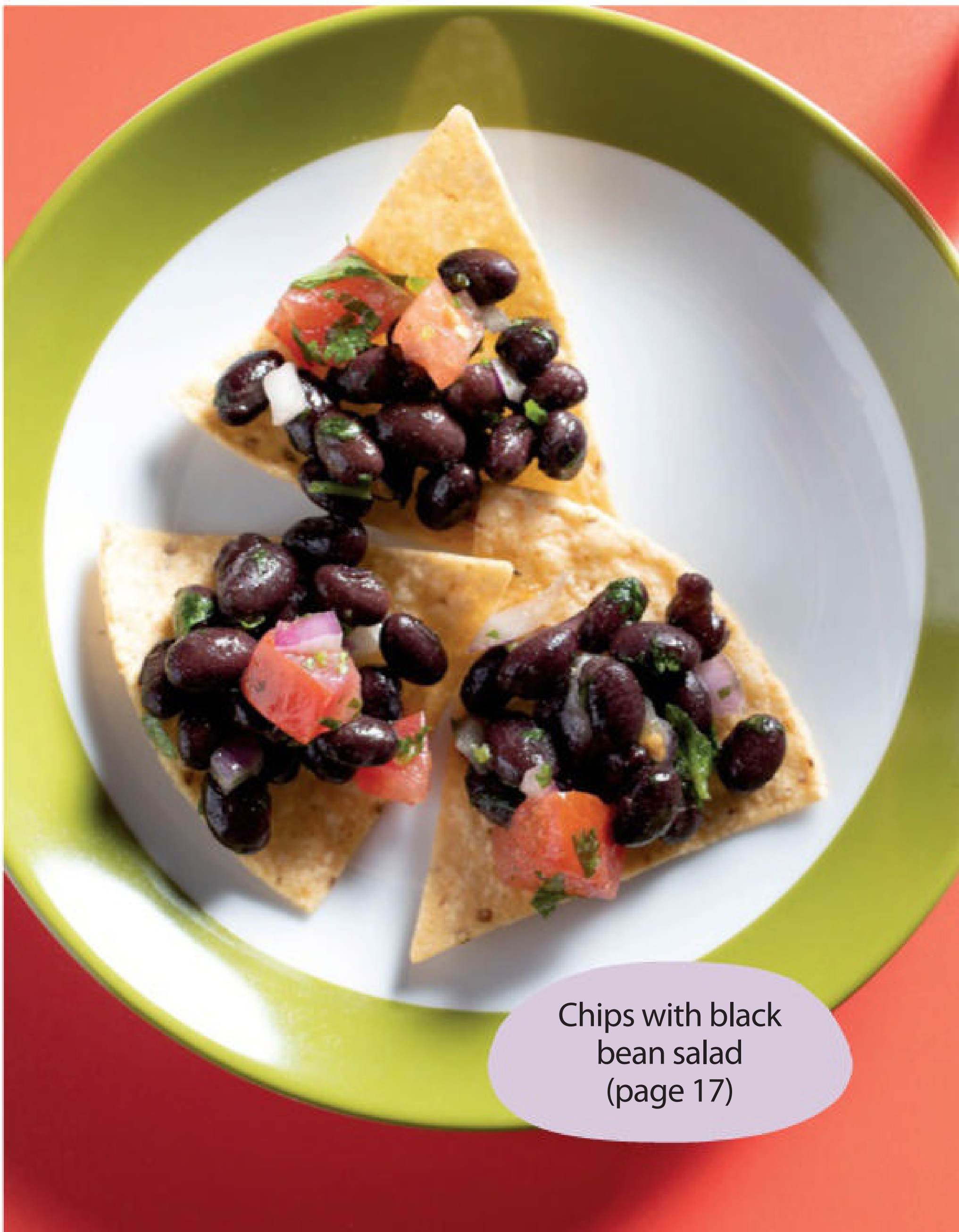
LANZAROTE
Caliente.COM

QUICK BITES

Watermelon wedge

Toast with melted cheese

Cut-up bell peppers


Chips with black bean salad (page 17)

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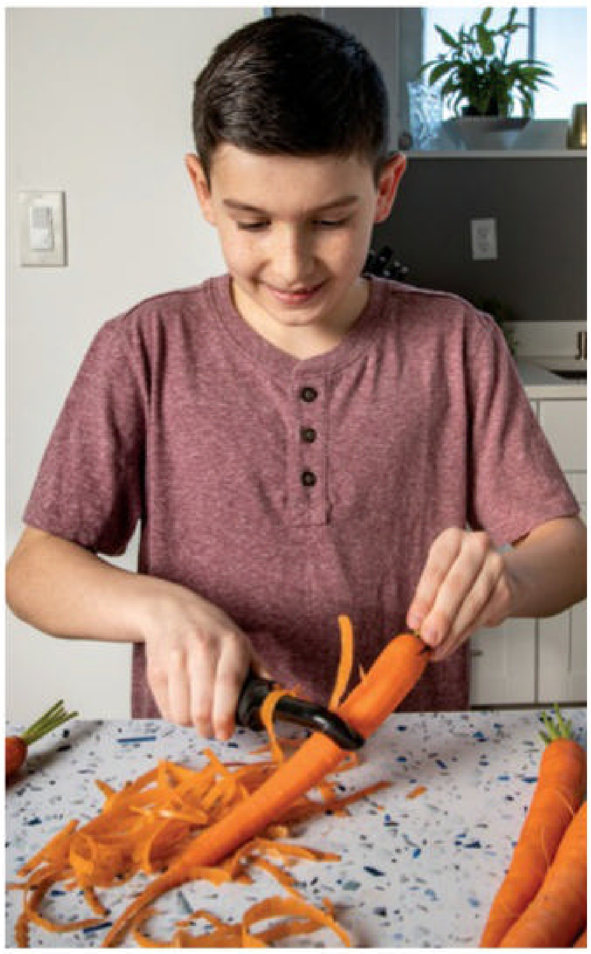
All recipes by **Sally Sampson** and **Catherine Newman**, unless otherwise attributed.



Cook together: Have fun and learn new skills

HOW TO

Dear Grown-ups,

Our mission at ChopChop Family is to inspire and teach families to cook and eat real food together. We want kids to learn how to cook and, along the way, develop healthier eating habits, connect more deeply with the people they cook with and for, understand math and science, appreciate other cultures, and enjoy new flavors. And of course, we want them to have fun! We usually focus on specific recipes, but in this Special Skills issue we're approaching things a little bit differently, by focusing on each skill itself. So we show how to use a knife, for example, and then offer up a recipe that's a great way to practice that skill.

Similarly, we teach the proper way to peel a cucumber, because once you know how to peel a cucumber, you can peel a carrot, a potato, an apple, and whatever else you think needs peeling. We believe that these skills—everything from chopping, measuring, and mixing, to starting a conversation and getting a library card—are some of life's most essential skills. And we encourage you to spend an afternoon, a weekend, or the entire summer learning them together.

Happy cooking,

Sally

THE LEARNING GUIDE TO THIS ISSUE

LEARN THE KEY

At the top of each recipe, you'll find a key code. Here's how to read it:

ADULT: YES | HANDS-ON TIME: 30 MINUTES | TOTAL TIME: 1 HOUR | MAKES: 6 SERVINGS

ADULT
"Yes" means you need an adult to help you. "No" means you can do it by yourself. Always get help from your adult when a recipe calls for using a knife, food processor, blender, or stove.

HANDS-ON TIME
This is how long it takes to work on the recipe, including gathering your kitchen gear and preparing the food. During hands-on time, you can't do anything other than work on the recipe.

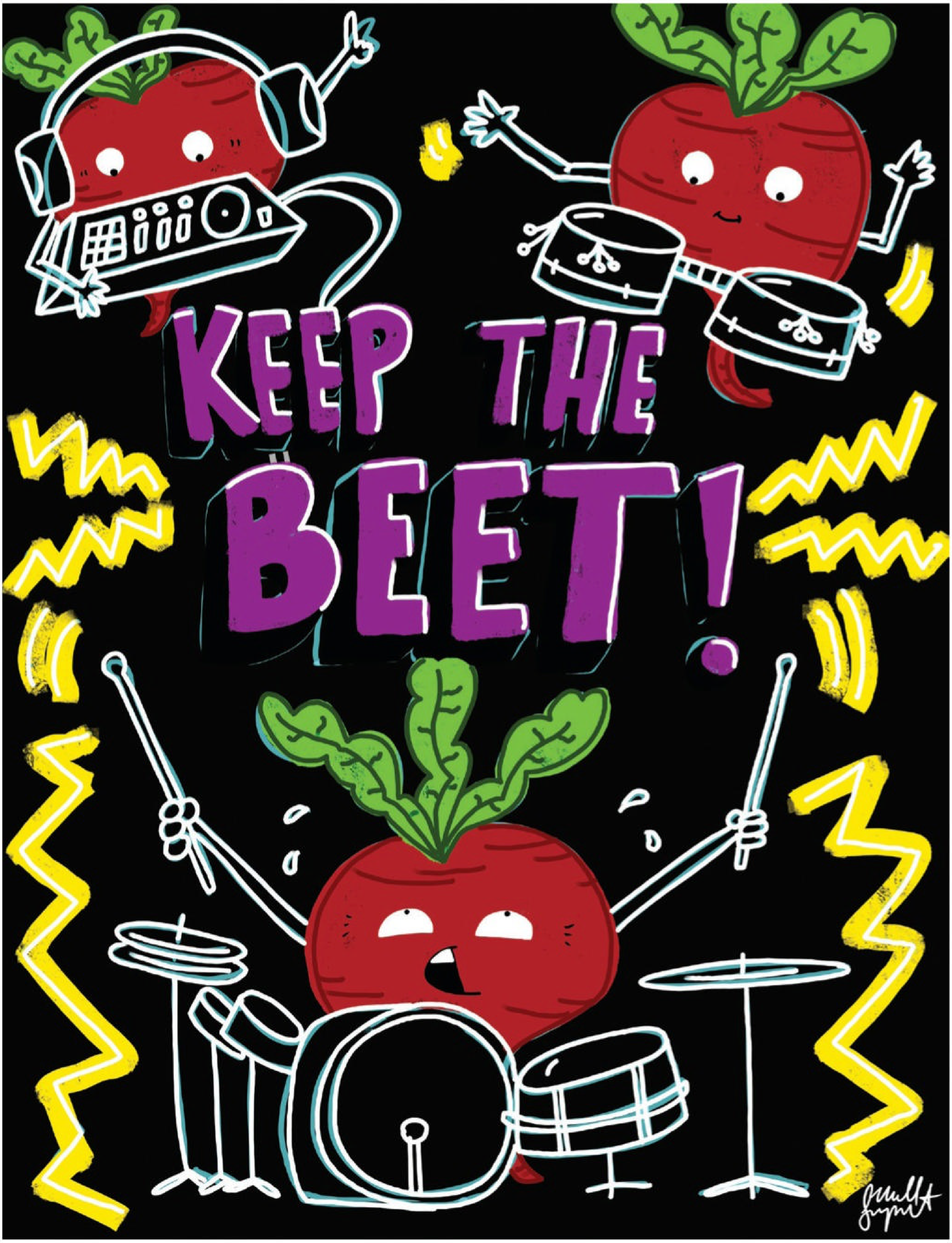
TOTAL TIME
This is how long it takes to make the recipe from start to finish, including the time for cooking and baking when you may be able to do something else—like clean up! In recipes that do not involve cooking, this may be the same as **HANDS-ON TIME.**

MAKES
This number will usually tell you how many people the recipe serves. But sometimes we'll tell you how much the recipe makes.

LEARN THE LINGO

Here are some of the cooking terms you might see in our recipes.
If you come across others you don't know, look them up! (You knew we were going to say that.)

- **Cored** means with the stem and hard center part removed.
- **Diced** means cut up into cubes about the size of dice.
- **A pinch** is the small amount you can pinch between your finger and thumb.
- **Pitted** or **seeded** means with the pits or seeds removed.
- **Sauté** means to cook something gently in a little oil.
- **Simmer** means to cook at a very gentle boil.
- **To taste** means taste it to see whether you want to add more of something.
- **Toss** means to mix together lightly.


KEEP THE BEET!

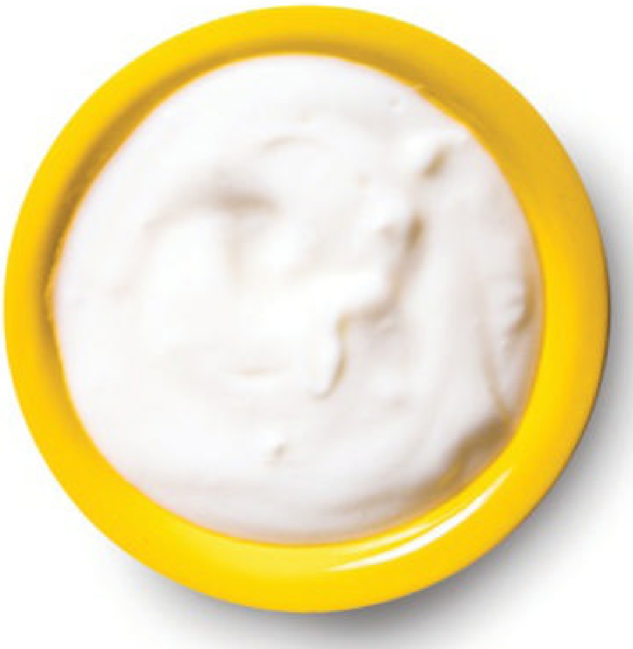
- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

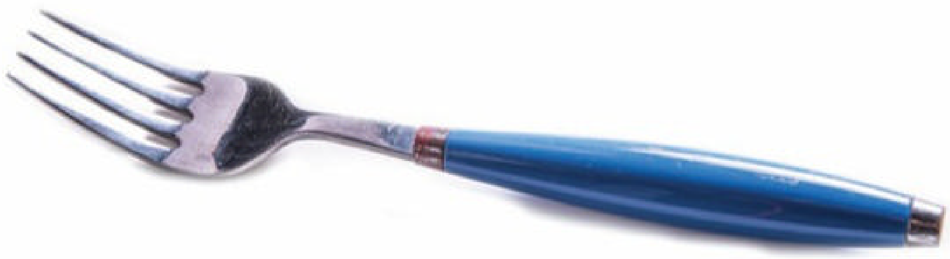
Lily mashes raspberries with a fork.

CHOP CHOP Jr.

RECIPES JUST RIGHT
FOR THE LITTLEST COOKS

Mashed Raspberries and Yogurt





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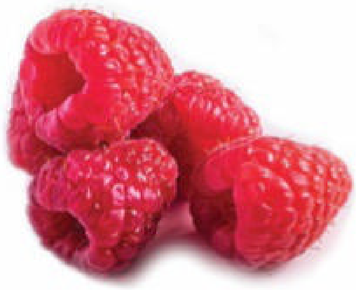

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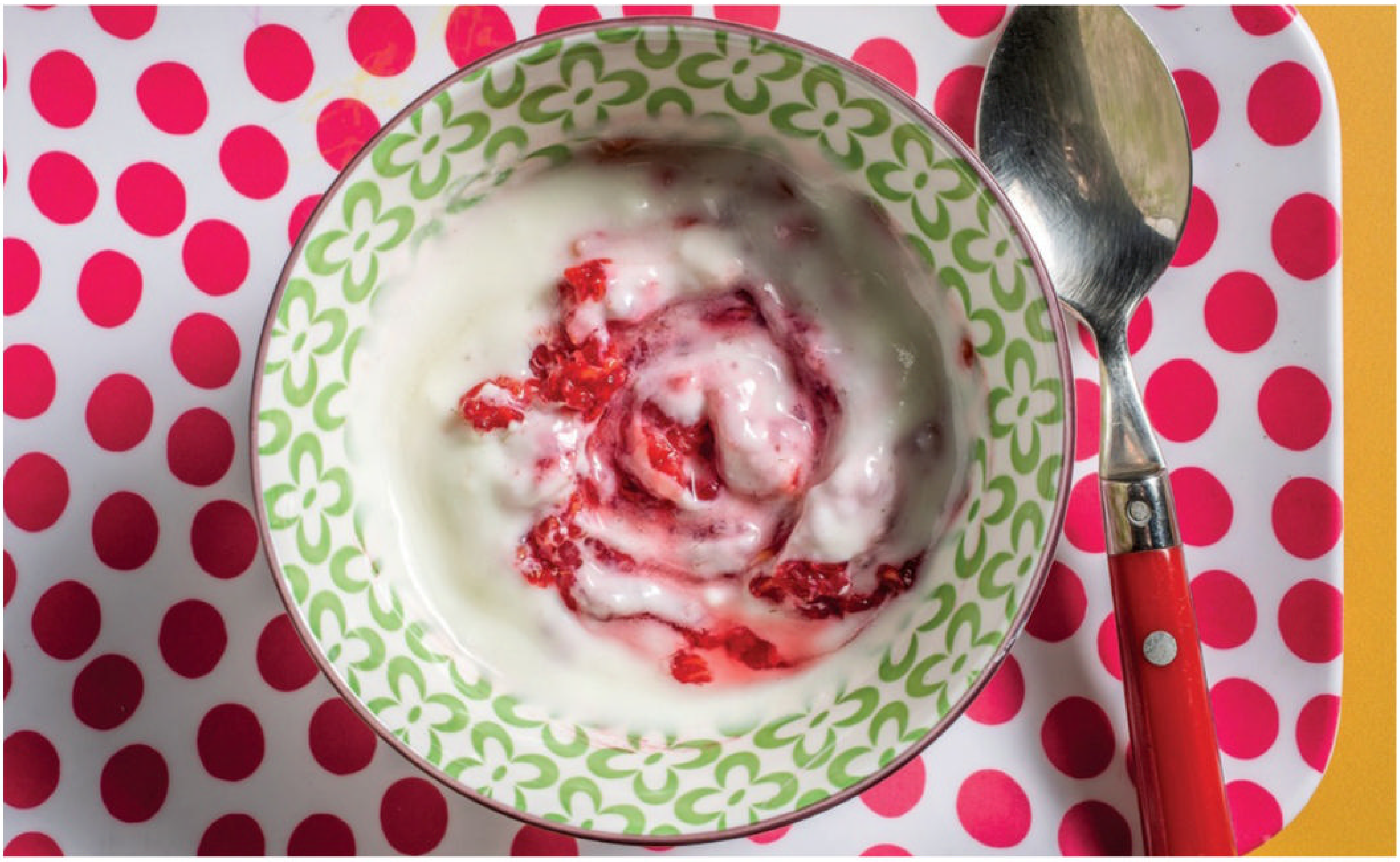

HOW TO Use a Knife to

Slicing, dicing, chopping, and cutting: It's hard to cook without using a knife to prepare the ingredients! Hard, but not impossible. A pizza cutter makes a perfectly excellent cutting tool for soft foods that aren't too big: bananas, for example, or tofu. And scissors are great for snipping up herbs and greens. But if an adult in your family thinks you're ready and is willing to supervise you, it might be time to learn to use a sharp knife in a safe and responsible way.

1. Hold the knife in the hand you use to write, gripping it firmly around the handle.
2. Use your other hand to steady whatever you're cutting, keeping your fingers curled under, away from the knife. Pay attention to where the knife is: As it moves forward, your food-holding fingers should move backward. The distance between the knife and your other hand should always stay the same.
3. Keep the pointy end of the knife on the cutting board, and cut by moving the back of the knife up and down, like you're working a lever.
4. Round or cylindrical vegetables and fruits, such as zucchini, carrots, onions, potatoes, and apples, are much easier and safer to cut if you slice them in half first so that they can rest flat on their cut sides while you slice them, instead of rolling around.
5. When you're finished, ask an adult to help wash and dry your knife.

CHOPCHOP VIDEO SERIES

How to cut a pepper

Watch Natalia cut a pepper at **www.chopchopfamily.org/videos**

SCAN ME

Slice and Chop

CHOPCHOP
FAMILY

Our friend Adam Simha designs and makes knives for cooking, and since he's an expert at teaching people how to use them, he came to ChopChop to work with Cecilia and Natalia. The knife he uses most often is a 10-inch chef's knife.

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Cecilia carefully cuts a bell pepper.

BASIC SAFETY

- **Wear closed-toe shoes** (no sandals).
- **Make sure you're at the right height** so that you can see what you're doing and get the leverage you need. Stand on a sturdy chair or step stool so that the countertop is at waist level.
- **Use a non-slip cutting board** (or put a damp dish towel under the one you're using, to keep it from sliding).
- **Use a sharp knife.** It's actually safer to cut with a sharp knife than a dull one, as you'll need much less pressure to use it, and it won't skid off the ingredient you're trying to cut.

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- **Never move the knife toward any part of your body,** especially the hand you're using to hold the ingredient you're cutting.
- **Use a knife whose size you feel comfortable with.** You might want to start with a small paring knife and work up to a bigger chef's knife as you get more comfortable.
- **Take your time.**
- **Keep your eyes on your cutting at all times.** If you need to look up for any reason, put your knife down first.
- **If the knife ever falls, don't try to catch it.** Just let it fall, then carefully pick it up.

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

SAFETY TIP Get an adult's permission and help with all sharp knives,

ChopChop Salad

The great thing about this salad, aside from the fact that it's absolutely delicious and endlessly adaptable, is that it's made of all different textured vegetables, which makes it great for learning how to slice, chop, and dice. Kid Recipe Tester Linnea added cheddar cheese cubes to hers. "I loved it," she wrote in her notes, "and so did my family. They said it was very fresh and had a nice texture."

ADULT: YES **HANDS-ON TIME:** 45 MINUTES **TOTAL TIME:** 45 MINUTES **MAKES:** 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Medium bowl
Measuring cups
Measuring spoons
Tongs or salad servers

INGREDIENTS

1 English cucumber (the kind wrapped in plastic), chopped, or 1 regular cucumber, peeled, seeded, and chopped
1 cup cherry or grape tomatoes, halved
1 red bell pepper, cored, seeded, and chopped
1 cup green beans, stem ends snapped off, cut in half
2 tablespoons unseasoned rice vinegar (or any vinegar you like)
½ teaspoon salt
Black pepper to taste

INSTRUCTIONS

1. Put all the ingredients in the bowl and toss well with the tongs. Taste the salad. Does it need more vinegar, salt, or black pepper? If so, add it and taste again.
2. Serve right away or cover and refrigerate up to 2 hours.

DID YOU KNOW?

Unseasoned rice vinegar is a seasoning made from—you guessed it!—rice. We love it because it's mild enough to use as a dressing on its own, without any oil added. And if you don't have rice vinegar, you can use another kind of vinegar instead.

A CUT ABOVE

To practice even more cutting skills, add any or all of the following:

- ½ cup cubed cheese
- 2 tablespoons chopped fresh herbs, such as basil, cilantro, or parsley
- 1 ripe avocado, pitted, peeled, and cut into cubes
- 4 scallions, sliced
- 2 carrots, scrubbed or peeled and sliced

appliances (blender and food processor), the stove or oven, and hot ingredients.

Creamy Cucumber Salad

We often use English cucumbers, which don't need to be peeled, in our salads, but for this one, we suggest you use a traditional cucumber, so you can practice your peeling skills. Of course you can also peel an English cucumber! Or do what our Kids Recipe Tester Amine did, and make this with small Persian cucumbers.

ADULT: YES | **HANDS-ON TIME:** 30 MINUTES | **TOTAL TIME:** 30 MINUTES | **MAKES:** 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Peeler
Measuring cups
Measuring spoons
Large bowl
Large spoon

INGREDIENTS

¼	cup plain yogurt
1	tablespoon vinegar (any kind) or fresh lemon juice
1	tablespoon finely chopped fresh herb leaves, such as mint, dill, or basil (or 1 teaspoon dried)
1	garlic clove, peeled and finely chopped, or ½ teaspoon garlic powder
¼	teaspoon salt
2	regular cucumbers, peeled and sliced, or 1 English cucumber (the plastic-wrapped kind), sliced

INSTRUCTIONS

1. Put the yogurt, vinegar or lemon juice, herbs, garlic, and salt in the bowl and mix well.
2. Add the cucumber slices to the bowl with the dressing and stir well. Taste the salad. Does it need a pinch more salt? If so, add it and taste again.
3. Serve right away or cover and refrigerate up to 2 hours. (It might get a little watery as it sits, but you can just stir it again.)

HOW TO

Peel Vegetables

When you peel a carrot or cucumber for the first time, it might be hard. That's okay! Remember that a peeler is sharp, so be sure not to touch the blade. And always peel over a cutting board, bowl, or sink. (Don't peel over a garbage can in case you drop your vegetable!)

1. Use a knife to trim the ends off the carrot or cucumber.
2. Hold the peeler in the hand you write with. Hold the carrot or cucumber in your other hand.
3. Push the peeler away from you along the length of the carrot or cucumber until a strip of peel comes off. Keep your fingers out of the way!
4. Turn the carrot or cucumber and remove another strip of peel. Keep turning and peeling until all the peel is gone.
5. Throw out or compost the peel.

CHOPCHOP VIDEO SERIES

How to peel a carrot

Watch Natalia peel a carrot at **www.chopchopfamily.org/videos**

SCAN ME

SAFETY TIP Get an adult's permission and help with all sharp knives,

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
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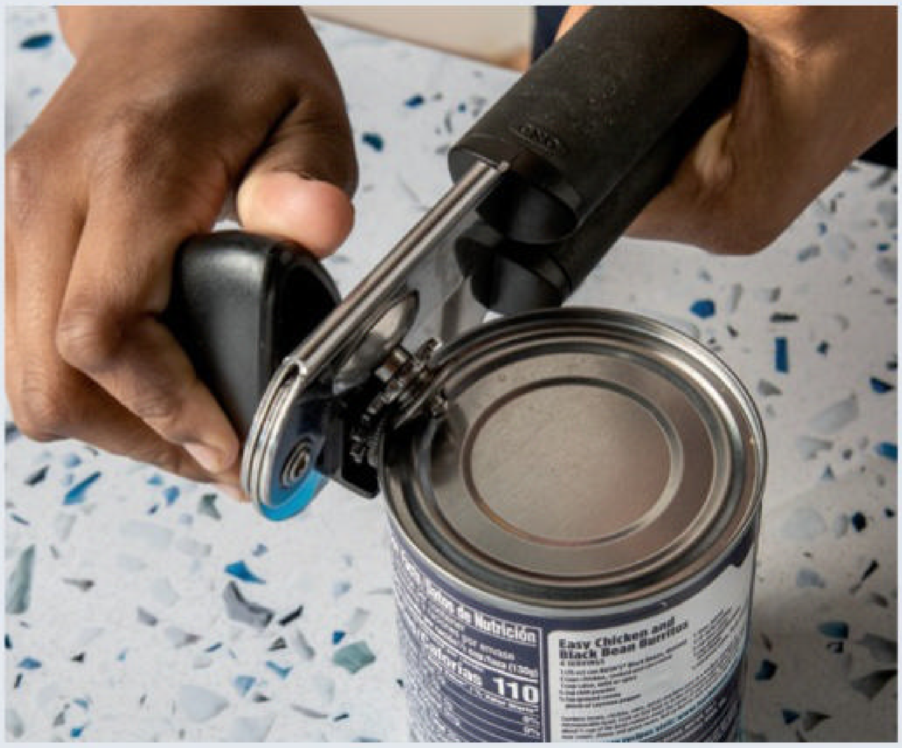
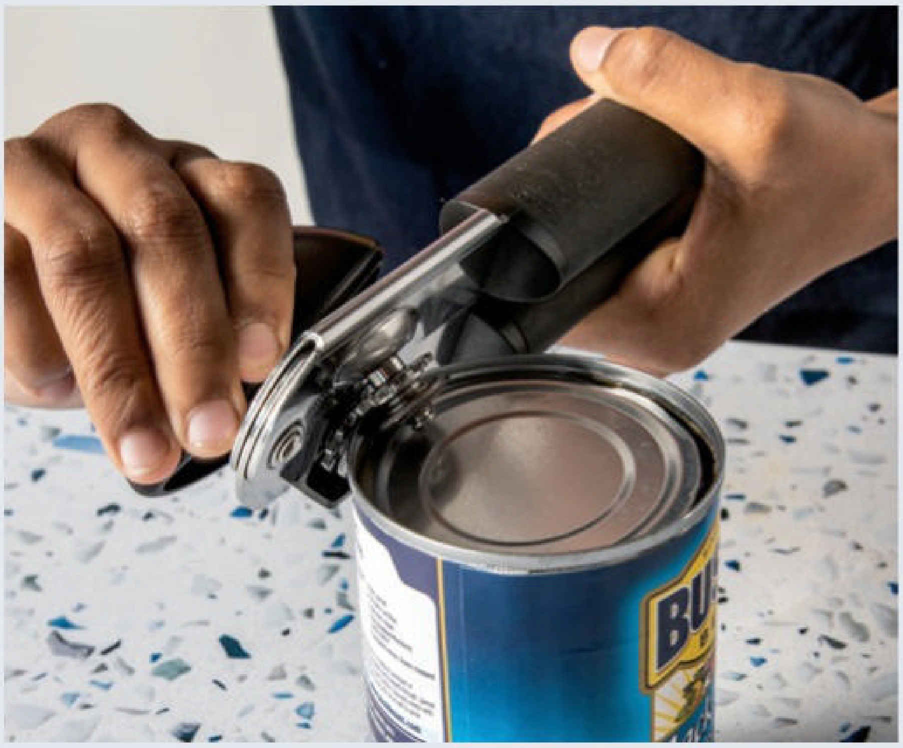
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

appliances (blender and food processor), the stove or oven, and hot ingredients.





HOW TO

Open a can

1. Set the can on a flat, hard surface.
2. Pull apart the two handles of the can opener. Flip the can opener over and look at the two wheels on the bottom. One is jagged (bumpy on the edges) and one is smooth. Place the smooth (cutting) wheel against the inside of the little rim at the top of the can and squeeze the two handles tightly together with your left hand.
3. Place your right hand on the little wing-like part of the can opener. Slowly twist the wing while still squeezing the handles closed. This should make the smooth wheel start cutting into the can's lid and rolling around its edge. Continue to turn the wing until the smooth wheel has gone all the way around the top of the can.
4. Pull apart the handles of the opener.
5. Carefully, carefully lift up the top of the can. Use a fork to press down one side so that the other side pops up, and then carefully pull it out. (Remember: The cut edges will be sharp!)

CHOPCHOP VIDEO SERIES

How to open a can

Watch Cecilia open a can at
www.chopchopfamily.org/videos

SCAN ME

Cecilia uses a fork to carefully remove the lid.

SAFETY TIP Get an adult's permission and help with all sharp

Black Bean Salad

Since the beans are canned, you can make this salad any time of the year—but we especially like making it in the summer so we can add the juiciest fresh tomatoes. Eat it with a fork or scoop it up with tortilla chips or pita bread.

ADULT: YES | **HANDS-ON TIME:** 20 MINUTES | **TOTAL TIME:** 20 MINUTES | **MAKES:** 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Can opener
Large bowl
Large spoon

INGREDIENTS

2	(15-ounce) cans black beans, drained and rinsed
1	large tomato, cored and chopped, or 1 cup cherry tomatoes, halved
¼	red onion or 2 scallions, finely chopped
½	cup chopped fresh basil or cilantro leaves, or a combination (or 1 tablespoon dried)
2	tablespoons olive oil
2	tablespoons fresh lemon or lime juice
1	garlic clove, peeled and finely chopped, or ½ teaspoon garlic powder
¼	teaspoon salt

INSTRUCTIONS

Put all the ingredients in the bowl and mix well. Taste the salad. Does it need a pinch more salt or a splash more lemon juice? If so, add it and taste again. Eat right away or refrigerate up to 1 day.

GET CREATIVE

- Substitute 2 cups fresh or frozen corn kernels for 1 can beans.
- Add 1 avocado, pitted, peeled, and cut into cubes.
- Use kidney, white, or pinto beans instead of black.

BEFORE YOU START

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- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

HOW TO Grow Herbs

Whether or not you have any outdoor space at home, you can grow herbs in a window box—or in any container that you can poke holes in the bottom of! Just make sure you have plenty of sunlight. Besides the container, plants or seeds, and the soil, sunlight is the most important ingredient.

Decide if you want to grow Mediterranean herbs—the kinds that have a dry, woody stem, such as thyme, oregano, sage, and rosemary—or if you'd rather grow softer herbs, such as cilantro, parsley, mint, or basil. (You can also grow a mix, although they might not thrive with the same amount of water.)

WHAT YOU NEED

1 window box, or a large pot or container (or a couple of smaller pots)
Potting mix (this is special soil for growing plants in a box)
4 herb plants (or use seeds, and follow the package instructions)

INSTRUCTIONS

1. Fill the container(s) halfway with potting mix.
2. Pop each plant out of its pot by squeezing the sides of the pot, then tipping it upside down and gently squeezing the sides again. Space the plants evenly in the container(s), then fill in around them with more potting soil, stopping as soon as the roots are fully covered.
3. Water the soil until water drips out the bottom of the container(s), then water again when the soil dries out. (Stick your finger in: When you can't feel any moisture an inch down, it's time to water.)
4. Use the herbs a lot! Cutting their tops with scissors encourages them to grow more.

SAFETY TIP Get an adult's permission and help with all sharp knives,

HOW TO Chop Fresh Herbs

We use lots of fresh herbs. They're fun and easy to prepare. Here's how:

- Make sure your herbs are clean and dry. A salad spinner is a good tool for this, or you can rinse them under cool running water, then pat them dry with a clean dish towel or paper towel.
- The easiest way to chop soft herbs, such as basil, dill, cilantro, mint, or parsley, is to pull the leaves from the stems (you can leave cilantro and parsley leaves on their stems), bunch them in one hand, and, with the other hand, use a clean pair of scissors to snip the leaves into small pieces.
- Another method is to bunch the leaves on a cutting board with one hand and, with the other hand, use a sharp knife (with the help of an adult) to carefully slice them.

Pay attention to where the knife blade is: As it moves forward, your herb-holding fingers should move backward. The distance between the blade and your other hand should always stay the same.

Cecilia uses scissors to snip up some cilantro.

appliances (blender and food processor), the stove or oven, and hot ingredients.

Pasta Salad with Corn and Tomatoes

This salad is delicious—plus you get to put your chopping and pasta-cooking skills to use! This is a very flexible recipe, so feel free to swap in your own favorite pasta-salad ingredients, like olives, cucumbers, or bell peppers.

ADULT: YES | **HANDS-ON TIME:** 45 MINUTES | **TOTAL TIME:** 45 MINUTES | **MAKES:** 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Large pot
Pot holders
Colander or strainer
Measuring cups
Measuring spoons
Large bowl
Large spoon

DID YOU KNOW?

Whole-wheat pasta has a lower glycemic index than white pasta, which means it gives you more energy for a longer time.

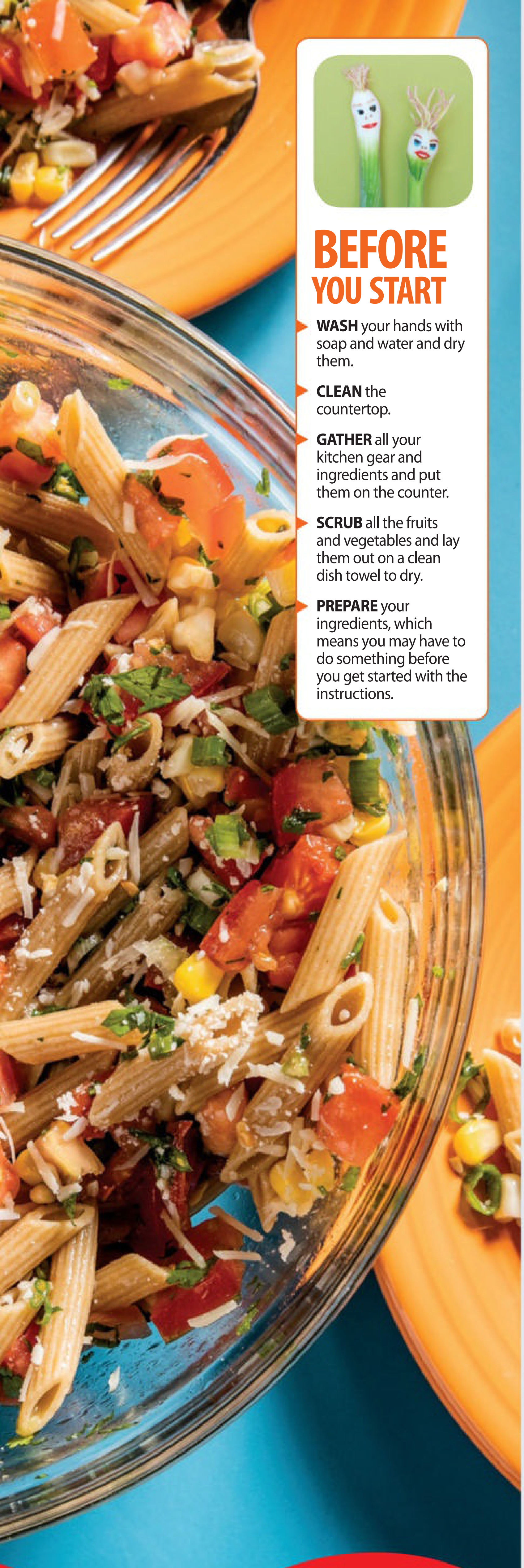
INGREDIENTS

½	pound whole-wheat pasta shapes (such as penne or fusilli), cooked, drained, and cooled (see page 21)
2	tablespoons olive oil
1	tablespoon fresh lemon juice or vinegar (any kind)
1	garlic clove, peeled and finely chopped, or ½ teaspoon garlic powder
2	cups fresh corn kernels (cut from 3 ears), or 2 cups frozen corn kernels, thawed
4	large tomatoes, chopped, or 2 pints (4 cups) cherry tomatoes, halved
4	scallions, sliced (or ¼ cup chopped red onion)
½	cup shredded Parmesan cheese or mozzarella cubes
½	cup packed fresh herb leaves, such as basil, cilantro, or parsley, chopped (or 1 tablespoon dried)
½	teaspoon salt

INSTRUCTIONS

1. Put all the ingredients in the bowl and mix well. Taste the salad. Does it need more lemon juice or vinegar or a pinch more salt? If so, add it and taste again.
2. Serve right away or cover and refrigerate up to 2 days.

SAFETY TIP Get an adult's permission and help with all sharp



BEFORE YOU START

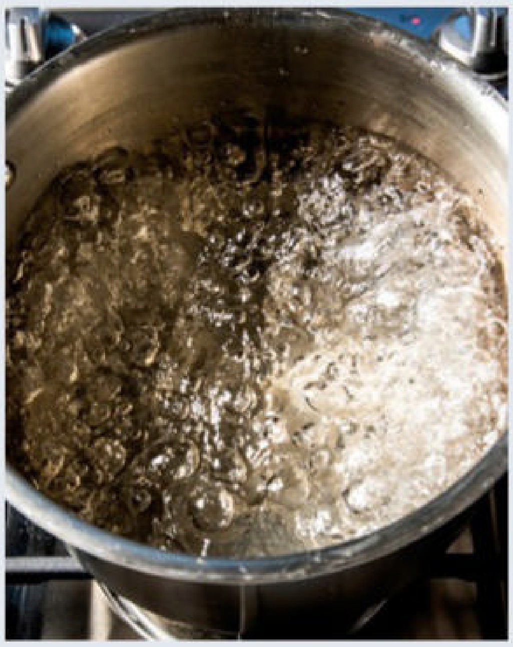
- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

HOW TO

Cook Pasta

1. Put a colander or strainer in the sink.
2. Half-fill a large pot with water. Put it on the stove, cover it, and turn the heat to high.
3. When the water is boiling (you'll know it's boiling when you see bubbles breaking all over the surface), carefully pour in the pasta.
4. Stir the pasta with a large spoon, and set a timer for the number of minutes recommended on the package.
5. When the pasta is cooked to your liking (use tongs or a slotted spoon to carefully fish out a piece, run it under cold water, and taste it), pour it into the colander or strainer in the sink. Use potholders and be careful to tip the pot away from you.
6. Shake the colander or strainer over the sink to drain as much water as you can before serving the pasta or continuing with your recipe.



HOW TO

Set the Table…

If someone asks you to please set the table, say, "Sure!" and follow these basics:

1. The plate goes in the middle.
2. The fork goes to the left of the plate.
3. The folded napkin goes to the left of the fork. (Or you can put the fork on the folded napkin.)
4. The knife and spoon go to the right of the plate.
5. The glass goes above the knife and spoon.

… and Have a Conversation

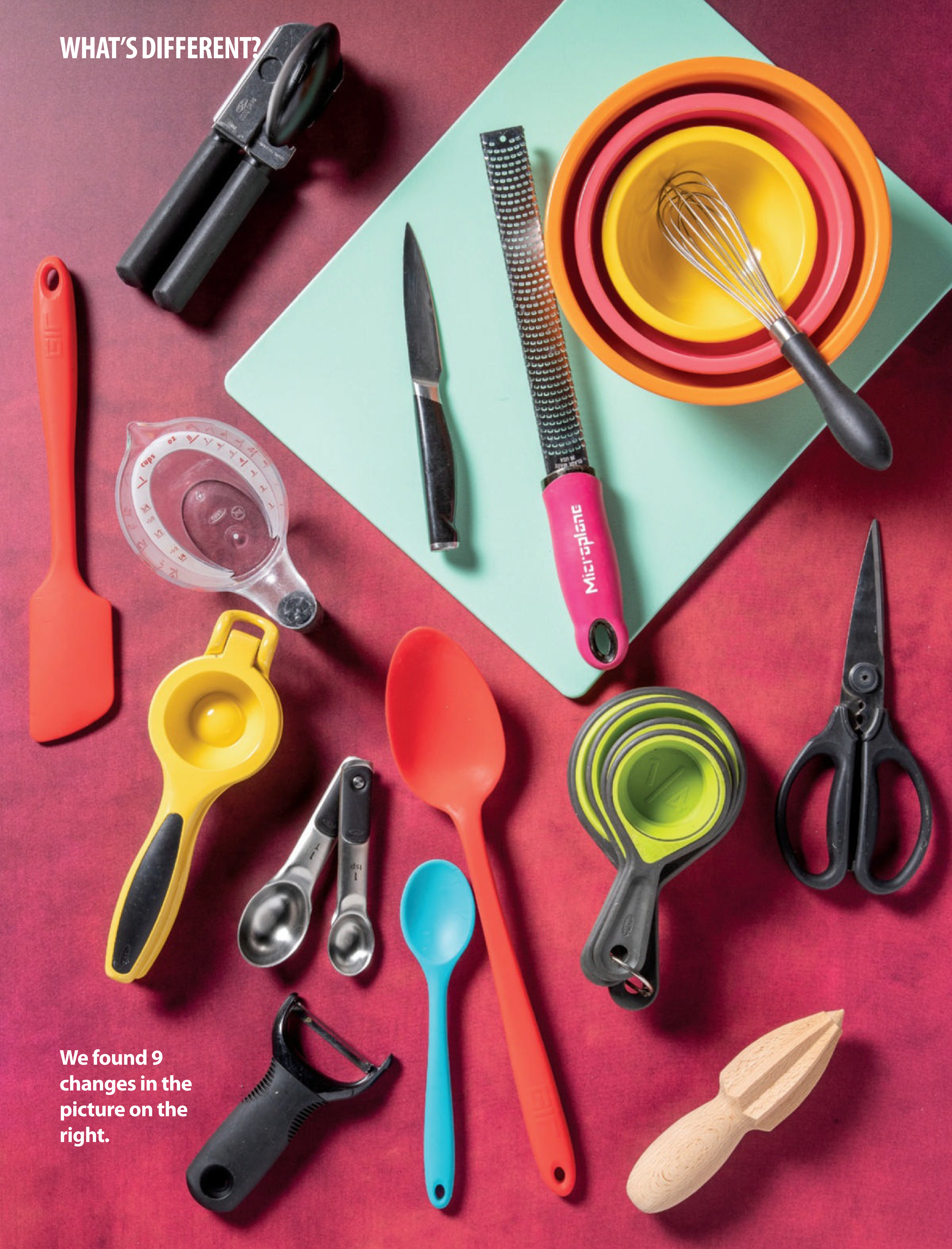
A conversation means talking, listening, and exchanging ideas with another person or a group of people, and the dinner table is a great place to do it! Curiosity is at the heart of good conversation. You can express curiosity with deep questions, silly questions, or personal questions. Here's one of each:

What's one question you wish you knew the answer to?

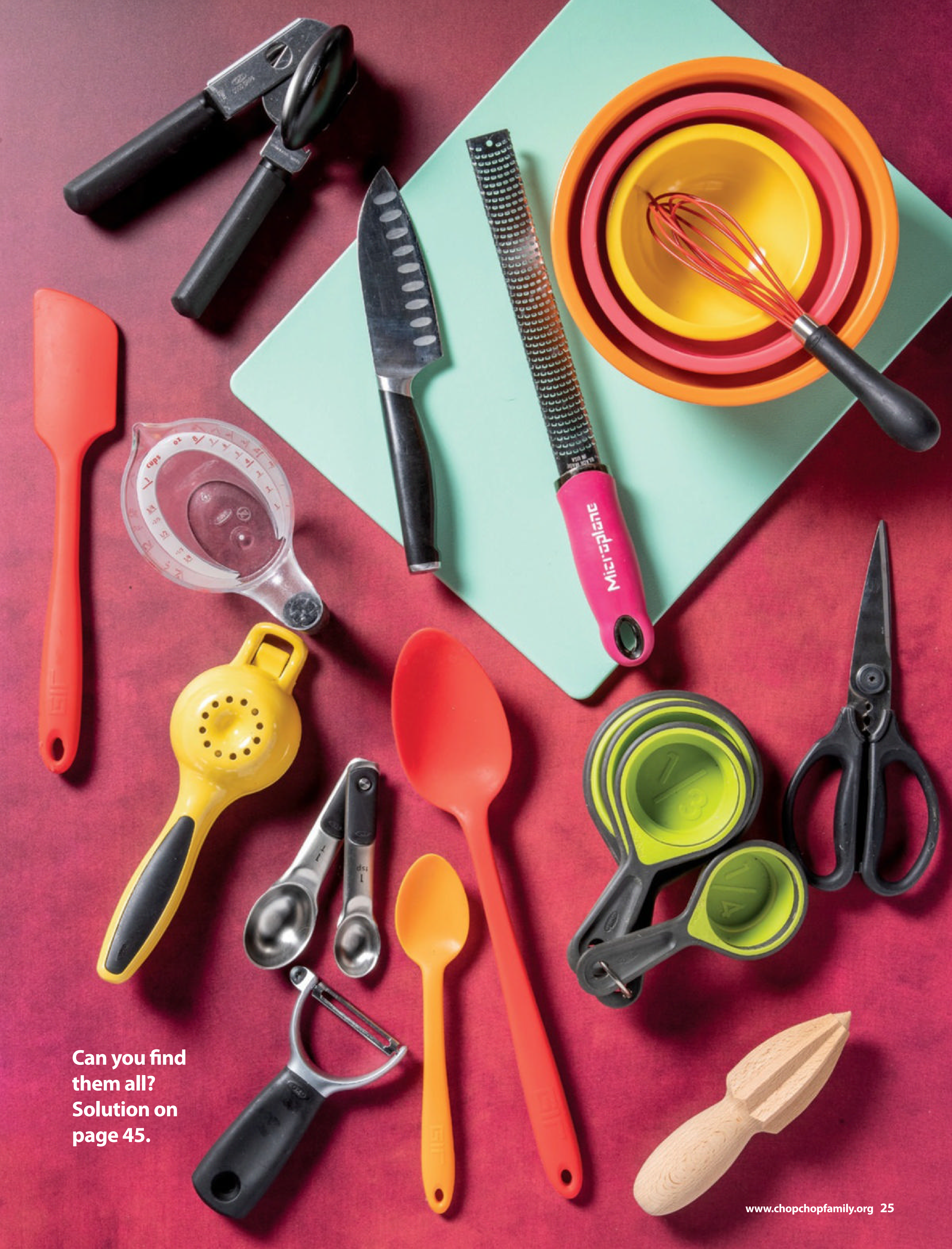
Would you rather be celery or a meatball, and why?

What's something lots of people don't know about you but you wish they did?

WHAT'S DIFFERENT?


Microplane
cups
1/4

We found 9 changes in the picture on the right.


Microplane

Can you find them all? Solution on page 45.

SCRUMPTIOUS WORD SEARCH

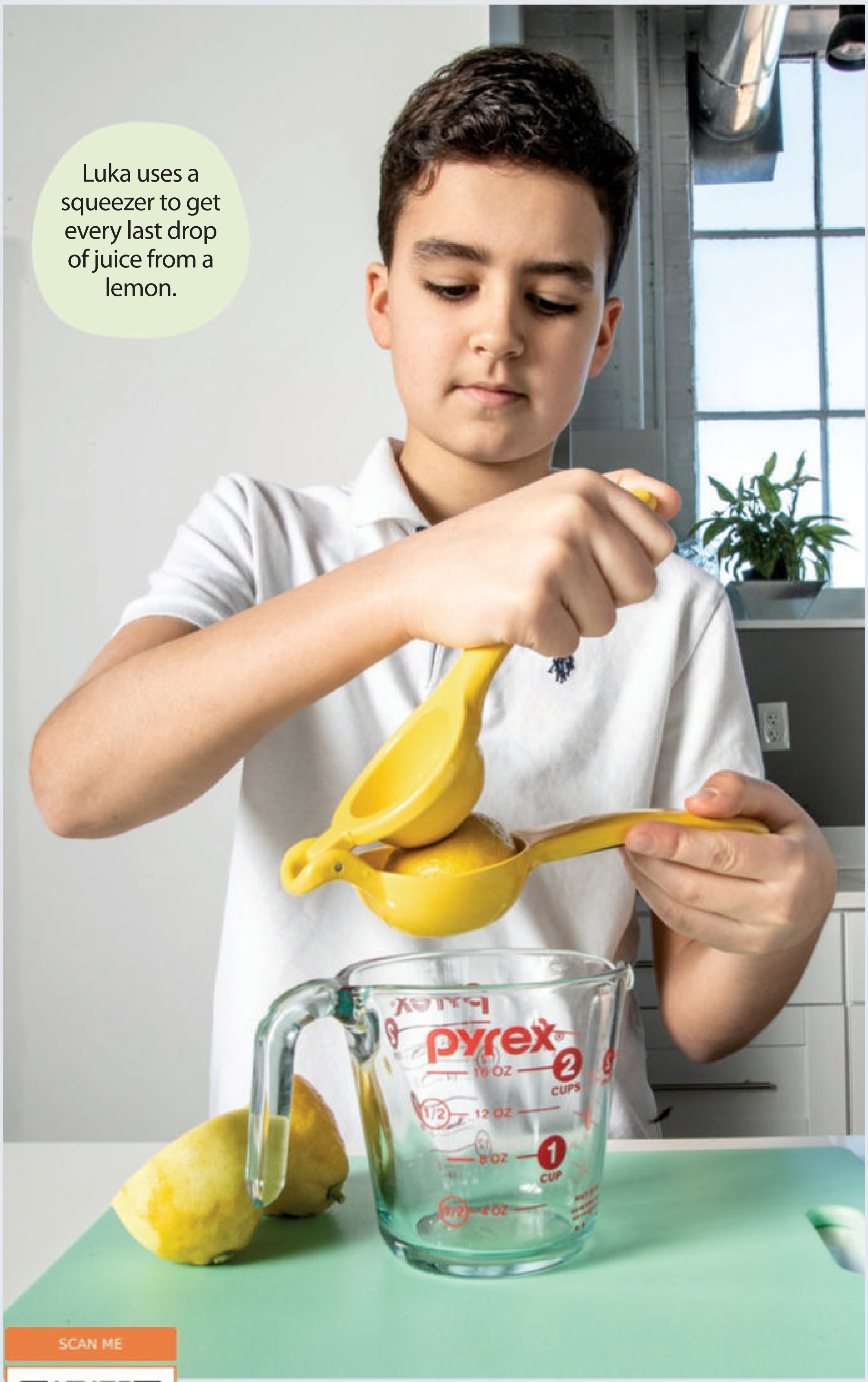
X	L	A	D	L	E	N	X	Y	S	X	J	J	P	Q
K	J	W	J	U	I	C	E	R	L	B	N	T	E	A
J	M	M	H	Z	R	M	O	Q	X	K	G	N	E	P
I	M	I	M	I	A	S	Q	S	T	R	A	F	L	R
O	T	V	L	X	S	U	E	R	E	P	I	G	E	O
A	I	C	N	I	B	K	J	D	H	N	N	T	R	N
N	N	L	C	O	O	J	N	F	K	H	A	G	E	H
N	I	S	C	S	W	A	C	W	L	R	Z	Q	R	H
D	R	K	F	S	L	F	D	A	G	P	D	R	O	L
Q	S	P	Q	O	X	B	L	E	N	D	E	R	Y	J
V	V	T	C	Z	R	U	S	J	O	N	E	Y	M	O
X	P	O	D	V	T	K	J	V	E	M	L	R	A	P
H	O	N	I	A	Q	M	Z	P	I	X	I	R	S	H
D	T	G	P	Y	J	H	O	T	U	K	H	E	H	G
S	J	S	P	O	O	N	I	Z	O	O	C	Y	E	V
A	P	C	Y	A	F	V	T	H	P	K	Q	I	R	U
I	K	X	V	Q	B	N	A	T	W	B	T	N	D	W
L	T	L	N	J	S	S	X	U	O	K	S	P	V	C
L	F	Y	E	D	O	B	W	Q	X	T	K	V	L	I

WORDS HIDDEN ABOVE

APRON
BLENDER
BOWL
COLANDER
FORK
GRATER
JUICER
KNIFE
LADLE
MASHER
OPENER
PAN
PEELER
POT
SCISSORS
SPATULA
SPOON
TIMER
TONGS
WHISK

Answers on page 45

HOW TO Juice Citrus



Luka uses a squeezer to get every last drop of juice from a lemon.

Citrus juice adds flavor and tartness to food. You can squeeze it by hand if you don't have a gadget, but here's how to use a squeezer:

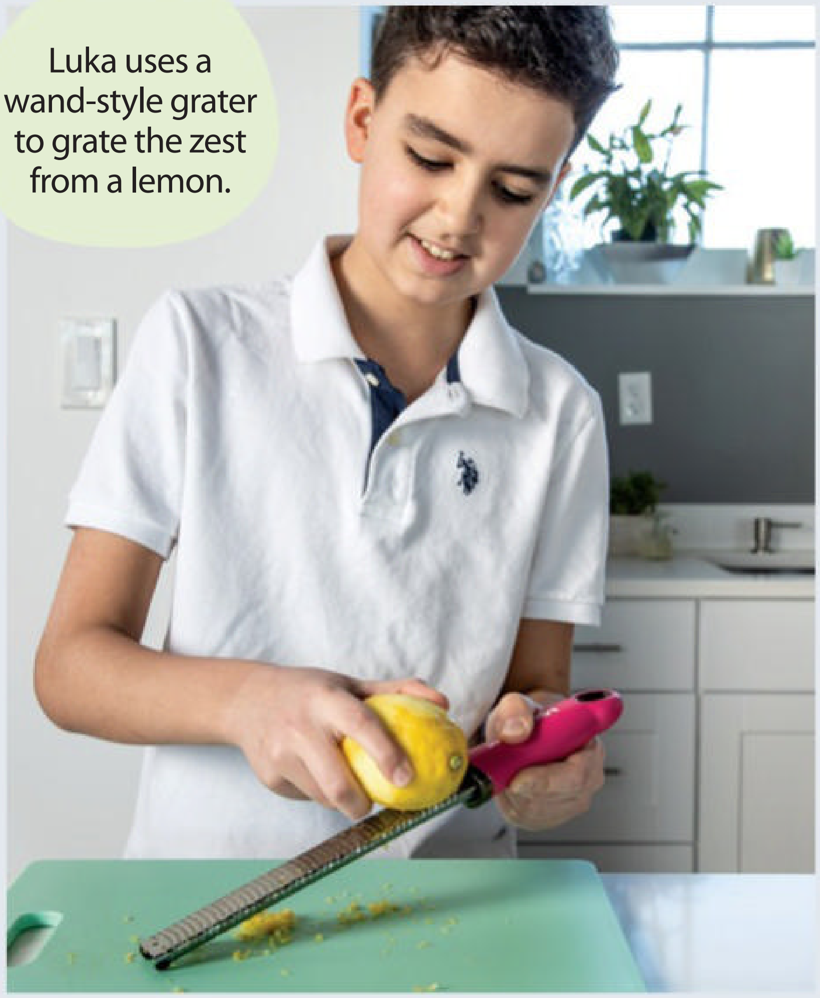
1. Put the fruit on a flat surface (like a countertop) and press down on it with the palm of your hand. While you press, roll it back and forth a couple of times. This squishes the inside of the fruit a little bit to help the juice come out.
2. Cut the fruit right through the center (where the equator would be if the fruit were the earth) into two halves.
3. Open the squeezer and put in one of the citrus halves, cut-side down (it will look like you should put it in the other direction, but trust us).
4. Close the handles and squeeze over a bowl or measuring cup until no more juice comes out, then open the squeezer and remove the juiced citrus fruit and any seeds you see.
5. Repeat step 4 with the second half.
6. To get every last drop, put the other half back in and give one last big squeeze of the two halves together.
7. Throw away or compost the peels.

SCAN ME

CHOPCHOP VIDEO SERIES

How to juice a lemon

Watch Cruz juice a lemon at **www.chopchopfamily.org/videos**



Luka uses a wand-style grater to grate the zest from a lemon.

HOW TO

Zest Citrus

Citrus fruits contain lots of flavor in the zest, which is the colorful outer part of the peel. Zest the fruit before you juice it.

1. Wash the fruit well and dry it.
2. Over a plate or cutting board, rub the fruit gently back and forth across a wand grater or the finest holes of a box grater. Stop when you see the white part beneath (that's called the pith, and it's bitter) and move the fruit to grate a fresh spot.
3. Continue until all the colorful zest is grated off.

TIPS

- The surface of the grater is sharp, so be sure to keep your fingers away from it!
- If you don't have a grater, you can use a vegetable peeler to sliver off skinny strips of peel that you can cut into tiny pieces with a knife or kitchen scissors.

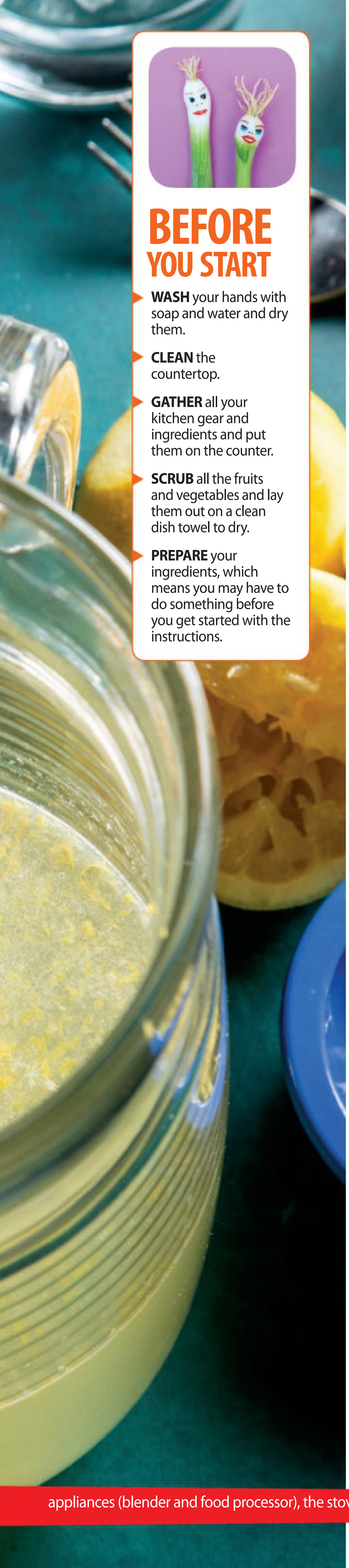
CHOPCHOP VIDEO SERIES

How to zest citrus

Watch Cruz zest citrus at **www.chopchopfamily.org/videos**

SCAN ME

SAFETY TIP Get an adult's permission and help with all sharp knives,



BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Cruz, Lily, and Luka are ready for refreshment.

Homemade Lemonade

This refreshing drink is easy to make and, thanks to the zest, super lemony and delicious! Feel free to make it with limes instead, if you prefer limes or that's what you've got.

ADULT: YES | **HANDS-ON TIME:** 15 MINUTES | **TOTAL TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Grater
Measuring cups
Large spoon
Pitcher

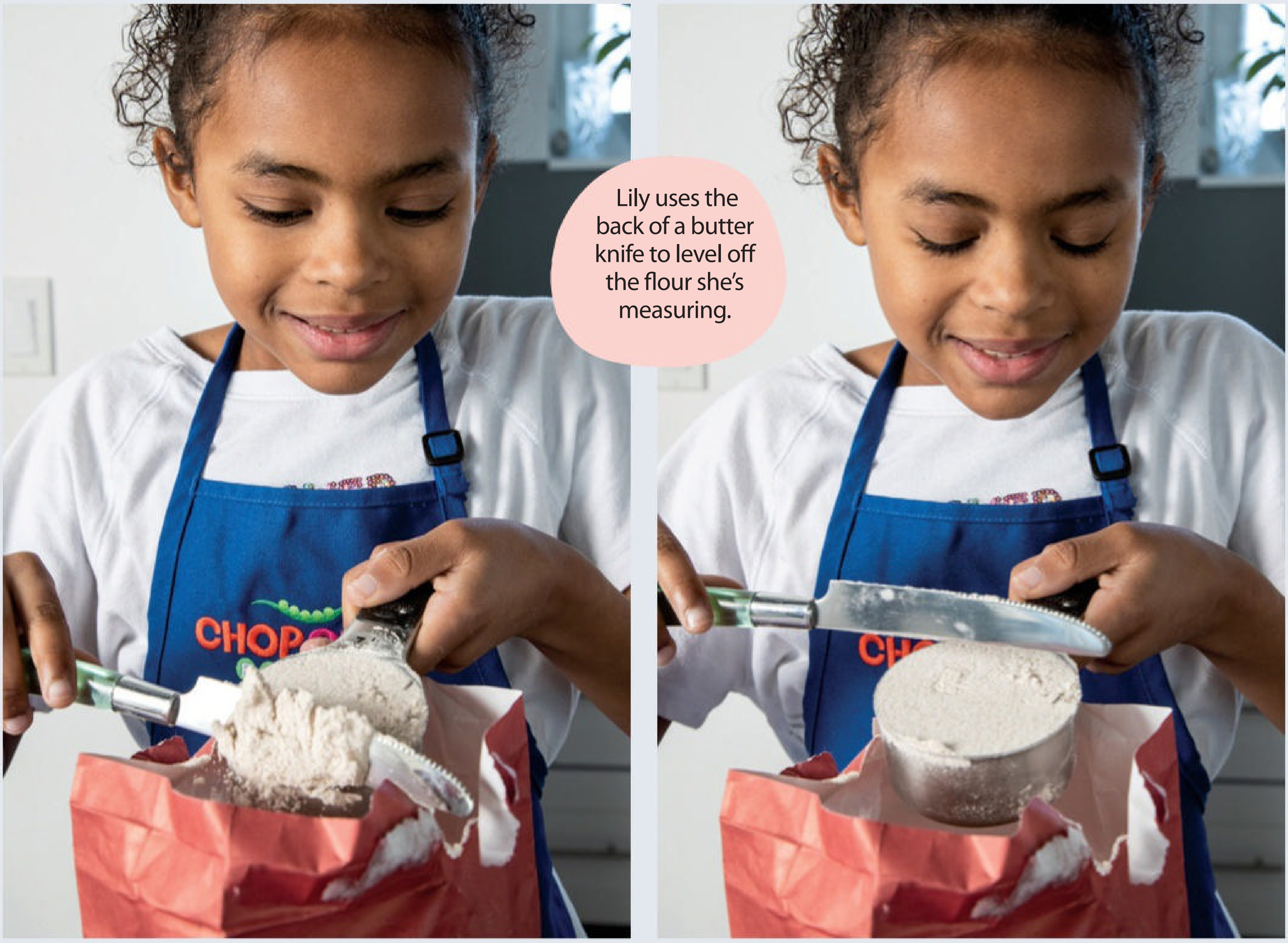
INGREDIENTS

4	cups warm water
¼	cup honey (or maple syrup or sugar)
Pinch	salt
2	lemons, scrubbed
	Ice cubes

INSTRUCTIONS

1. Put the water, honey, and salt in a pitcher and mix until the honey has dissolved.
2. Zest one of the lemons and juice both of them (see pages 27–28).
3. Add the lemon juice and half of the zest to the honey water and mix well. Taste it. Does it need more lemon flavor? If so, add more lemon zest. Does it need more honey? If so, add what you think it needs.
4. Fill four glasses with ice and then pour the lemonade into them. Or refrigerate up to 3 days.

appliances (blender and food processor), the stove or oven, and hot ingredients.



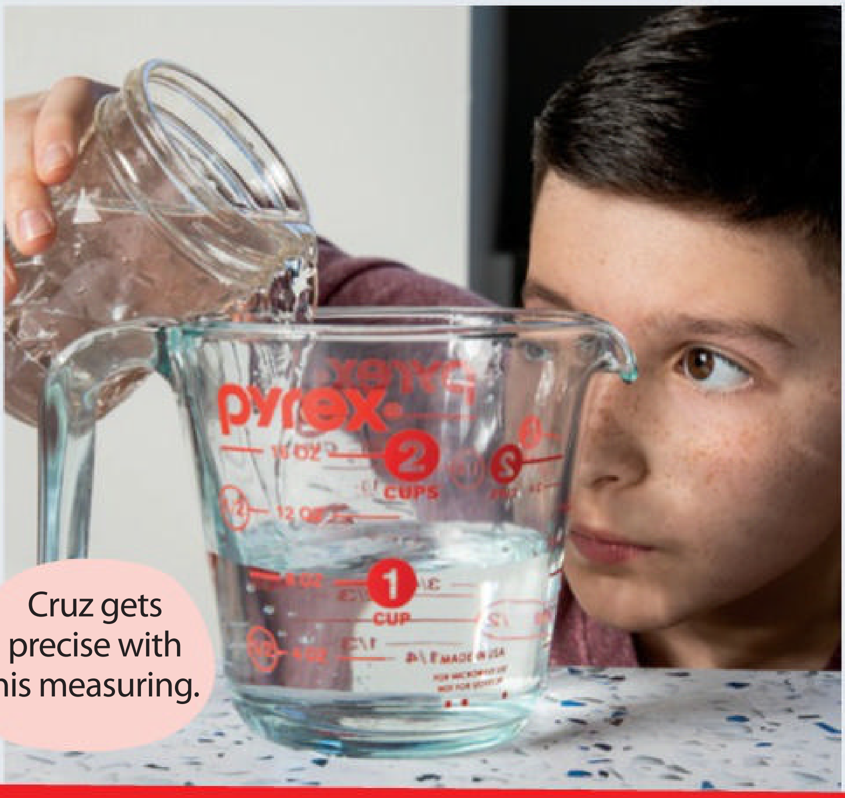
Lily uses the back of a butter knife to level off the flour she's measuring.

HOW TO Measure Ingredients

If we're making a salad or a soup, we don't always measure ingredients—we just use an amount that looks right. But when we're baking, which is more exact, we always measure.

- **To measure dry ingredients**, like flour or baking powder, find the right size measuring spoon or cup (for example, 1 teaspoon, ¼ cup, 1 cup). Fill the spoon or cup until the dry ingredient reaches the top. Use a straight edge, like the back of a butter knife, to level it off, scraping any extra back into the container.
- **To measure wet ingredients,** like milk or oil, find the right size measuring spoon or cup (1 tablespoon, ½ cup, 1 cup). Carefully fill the spoon or cup until the liquid reaches the top (or the line you're measuring to).

Note: There are different measuring cups for dry ingredients and wet ingredients, but we usually don't worry very much about which kind we're using. And if you don't have a measuring cup, you can use an empty container. For example, you can use an empty 6-ounce yogurt container as a ¾-cup measure, or an 8-ounce container as a 1-cup measure.



Cruz gets precise with his measuring.

SAFETY TIP Get an adult's permission and help with all sharp knives,

Mixed-Berry Crisp

We love a fruit crisp. Also, it's just as good made with frozen fruit as fresh, which means it's the perfect all-season dessert!

ADULT: YES | **HANDS-ON TIME:** 30 MINUTES | **TOTAL TIME:** 1 HOUR | **MAKES:** 9 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Medium bowl
Fork
8-inch square baking pan or 9-inch pie plate
Large spoon
Pot holders

INGREDIENTS

For the crisp topping:

½ cup plus 2 tablespoons whole-wheat flour
½ cup plus 2 tablespoons old-fashioned oats
¼ cup chopped toasted walnuts
¼ teaspoon salt
2 tablespoons butter, melted
3 tablespoons maple syrup, honey, or sugar

For the filling:

6 cups fresh or frozen blueberries, raspberries, blackberries, or sliced strawberries (or a combination)
3 tablespoons maple syrup, honey, or sugar
1 tablespoon whole-wheat flour

INSTRUCTIONS

1. Turn the oven on and set the heat to 350 degrees.
2. To make the crisp topping: Put the flour, oats, walnuts, and salt in the bowl and mix well. Slowly drizzle in the melted butter and maple syrup. Mix with the fork until crumbly.
3. To make the filling: Put the berries, maple syrup, and flour in the baking pan or pie plate and mix well with the spoon.
4. Crumble the crisp mixture over the filling.
5. Once the oven temperature has reached 350 degrees, put the pan in the oven and bake until the top is lightly browned and the berries are bubbling, 25 to 30 minutes. Serve hot, warm, at room temperature, or cold.

TRY THIS

To toast the walnuts, put them on a small baking sheet in a 350-degree oven until they are fragrant and look a shade darker, 5 to 10 minutes.

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

appliances (blender and food processor), the stove or oven, and hot ingredients.

SAFETY TIP Get an adult's permission and help with all sharp

HOW TO Season Food

One of the most important skills you can develop as a cook is learning to season food. That means that you taste a dish before you serve it, to figure out if it needs anything—even if you've already added all the ingredients listed in the recipe! To learn a little bit about some of the main seasoning elements, try this:

WHAT YOU'LL NEED

Cooked pasta shapes (see page 21)
Salt
Fresh lemon, cut in half (or vinegar)
Pepper
Other seasonings (see below)

INSTRUCTIONS

1. Taste a plain piece of pasta.
2. Sprinkle a little salt on another piece and taste it.
3. Squeeze a little lemon juice on another piece and taste it.
4. Grind or shake a little pepper on another piece and taste it.
5. Now combine all the seasonings on another piece and figure out what your perfect balance is: How much salt? How much lemon? How much pepper? Is there one you prefer not to use?
6. What other seasonings can you try? Consider garlic, cayenne pepper or hot sauce, different spices, even a little of the grated zest from the lemon. What do you like best? Which flavors taste best together?

Cruz, Luka, and Lily try to figure out what they do—and don't—like.

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

Moses and King David mix it up.

HOW TO Use a Blender

Blenders are great for making smoothies and soups, but you need to be careful around them. Here's how to use one, and some helpful tips to keep you safe.

1. Put all the ingredients in the blender.
2. Put the top on tightly.
3. Turn the blender to a medium setting and blend until the mixture is smooth, about 1 minute.

TIPS AND SAFETY

1. Put the top on tightly before you turn the blender on. Otherwise, your smoothie might wind up on the ceiling!
2. The blades are sharp! Be careful, especially when cleaning your blender. Ask an adult for help.
3. Make sure the blades have completely stopped moving before reaching in, pouring your smoothie, or taking the lid off.
4. Keep the blender cord away from the sink and water to avoid the danger of electric shock.

SAFETY TIP Get an adult's permission and help with all sharp knives,

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

Green Pineapple Smoothie

You'll see the kale—which your body will love—but what you'll taste is pineapple and banana. Want it even frostier? Add a couple of ice cubes to the blender.

ADULT: YES | **HANDS-ON TIME:** 20 MINUTES | **TOTAL TIME:** 20 MINUTES | **MAKES:** 4 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring cups
Measuring spoons
Blender (adult needed)

INGREDIENTS

1 cup plain yogurt or almond milk
2 overripe bananas, peeled, sliced, and (ideally) frozen
2 cups pineapple chunks (fresh, frozen, or unsweetened canned)
1 cup kale leaves with their thick stems removed, or spinach leaves, washed well
1 tablespoon fresh lemon juice (see page 20)
Pinch of salt
2 ice cubes (if your bananas weren't frozen)

INSTRUCTIONS

1. Put all the ingredients in the blender.
2. Put the top on tightly. Turn the blender to a medium setting and blend until the mixture is smooth, about 1 minute. (Add up to 1 cup cold water if the mixture is too thick to blend.)
3. Serve right away or cover and refrigerate up to 1 hour.

THINK AHEAD

To help make smoothies colder and thicker, it's great to have slices of frozen banana ready to go. It's easy:

1. Peel overripe bananas.
2. Use a butter knife to slice them into thin rounds.
3. Put the slices in a resealable plastic bag, label the bag with the number of bananas it contains, and freeze until needed.

appliances (blender and food processor), the stove or oven, and hot ingredients.

Easy Salad Dressing

We love to make our own salad dressing. It's easy, it doesn't need a lot of ingredients, and it always tastes good.

ADULT: NO **HANDS-ON TIME:** 5 MINUTES **TOTAL TIME:** 5 MINUTES **MAKES:** 4 SERVINGS

KITCHEN GEAR

Measuring spoons
Medium bowl
Whisk

INGREDIENTS

2 tablespoons olive oil
2 tablespoons vinegar (any kind you like) or lemon or lime juice
1 tablespoon mustard (any kind you like)
¼ teaspoon salt

INSTRUCTIONS

Put all the ingredients in the bowl and whisk until blended. Taste some of the dressing on a lettuce leaf. If it's too sharp for your taste, add a little more oil and whisk again. Use right away or refrigerate up to 2 weeks.

GET CREATIVE

Add any of these extras to your salad dressing:

- 1 small garlic clove, peeled and finely chopped, or ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano, basil, or thyme
- 1 tablespoon plain yogurt
- 1 tablespoon tahini (sesame paste)
- 1 cup plain yogurt or milk (dairy or nondairy)

DID YOU KNOW?

The Babylonians used oil and vinegar for dressing greens nearly 2,000 years ago.

Lily perfects her whisking technique.

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

HOW TO Whisk

Whisking means beating or stirring quickly with a whisk (or a fork if you don't have a whisk) to combine ingredients. You can whisk together dry ingredients, like flour and salt, or wet ingredients, like eggs and milk.

1. Put the ingredients you want to whisk in a bowl. (Pick a bowl that's large enough that the ingredients won't splash out while you're whisking.)
2. Hold the whisk so that the wire part is in the bowl, and use your wrist to move it quickly in a circular motion.
3. Stop whisking when the mixture looks blended.

SAFETY TIP Get an adult's permission and help with all sharp knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

KITCHEN CASH

MATH AND FINANCE IN COOKING

Buy more or less?

Should you buy a bigger or smaller amount of an ingredient? That depends on how much of it you'll use, how much room you have to store it, and whether you'll use it up before the expiration date. As a rule, it will cost more to buy a bigger amount of something, but the cost per serving will be less.

You need 1 tablespoon of mustard for the Easy Salad Dressing (page 36).

A **20-ounce** bottle of yellow mustard costs **$2.80** and contains **40 tablespoons** of mustard**.**

1. How much does 1 tablespoon of mustard cost?

1. ________________

An **8-ounce** bottle of yellow mustard costs **$1.92** and contains **16** tablespoons.

2. How much does 1 tablespoon of mustard cost?
3. How much more does 1 tablespoon of mustard from the smaller bottle cost than from the bigger bottle?
4. If you used 16 tablespoons of mustard from the bigger bottle, how much would it cost?
5. If you used 16 tablespoons of mustard from the bigger bottle, how much less would it cost than using all 16 tablespoons from the smaller bottle?

2. ________________

3. ________________

4. ________________

5. ________________

What other conclusions can you draw?

Answers on page 45

Basic Quesadilla

A quesadilla is like a grilled-cheese sandwich, but with tortillas instead of bread. The basic recipe has only two ingredients—but they're pretty much infinitely customizable to your taste.

ADULT: YES | **HANDS-ON TIME:** 10 MINUTES | **TOTAL TIME:** 10 MINUTES | **MAKES:** 1 SERVING

KITCHEN GEAR

Measuring cups
Box grater
Skillet
Spatula
Pot holders

INGREDIENTS

1	(8-inch) whole-wheat tortilla
¼	cup grated Monterey Jack or cheddar cheese

INSTRUCTIONS

1. Put the skillet on the stove and turn the heat to medium.
2. Put the tortilla in the hot skillet and sprinkle half of it with the cheese. Cook until the bottom is lightly browned and the cheese is gooey, about 2 minutes.
3. Using the spatula, carefully fold the plain half of the tortilla over the cheesy half, to make a half-moon shape. Press down gently and cook for another 30 seconds. Serve right away.

BEFORE YOU START

- **WASH** your hands with soap and water and dry them.
- **CLEAN** the countertop.
- **GATHER** all your kitchen gear and ingredients and put them on the counter.
- **SCRUB** all the fruits and vegetables and lay them out on a clean dish towel to dry.
- **PREPARE** your ingredients, which means you may have to do something before you get started with the instructions.

SAFETY TIP Get an adult's permission and help with all sharp

Maxwell carefully flips his quesadilla.

GET CREATIVE

To make your quesadilla even more delicious, add any or all of these fillings when you add the cheese:

- ¼ cup cooked or canned black beans
- ¼ cup fresh or frozen corn kernels
- ¼ cup fresh spinach leaves
- 1 scrambled egg
- 2 tablespoons salsa
- ¼ cup chopped avocado or guacamole

OR ELSE

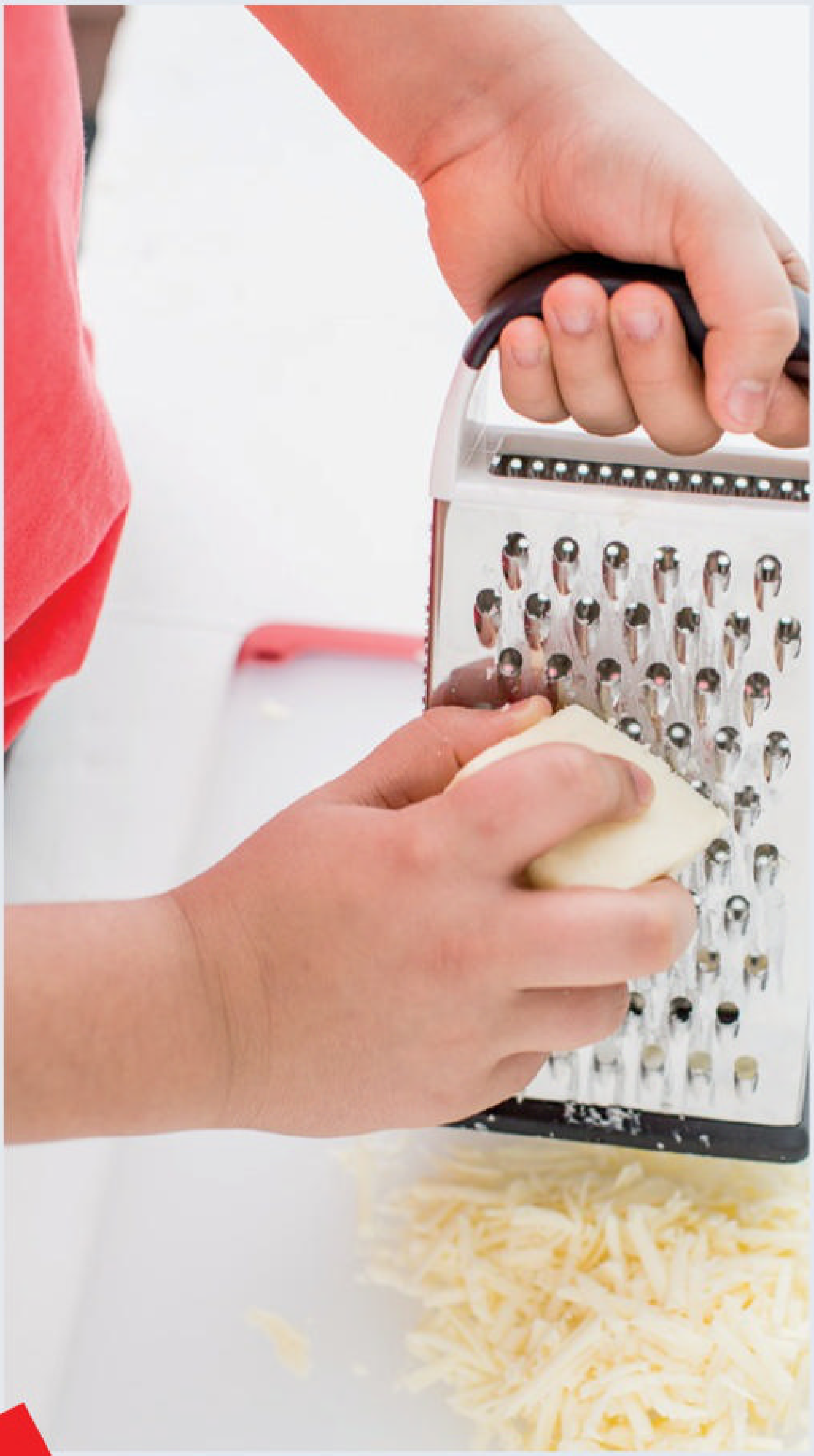
No whole-wheat tortillas? No problem! Use 2 smaller corn tortillas and sandwich the cheese between them.

knives, appliances (blender and food processor), the stove or oven, and hot ingredients.

HOW TO

Use a Box Grater

1. Hold the cheese (or whatever you're grating) in the hand you write with and the box grater in the other hand.
2. Grip the block of cheese at the top, leaving plenty of room between your fingers and the grater.
3. Firmly pull the cheese down along the holes of the grater, from top to bottom, then lift the cheese off the grater and repeat until a pile of cheese accumulates inside the grater. Be sure to stop grating when the block of cheese gets too small to hold safely.



CHECK IT OUT!

A visit to your local library can give you lots to read and lots to think about. Here's a trio of books we think you'll love.

BY REBECCA ROBINSON

Rebecca Robinson is a librarian at the Troy Public Library in New York.

HOW to SURVIVE AS A SHARK
WRITTEN BY KRISTEN FOOTE
ILLUSTRATED BY ERICA SALCEDO

How to Survive as a Shark

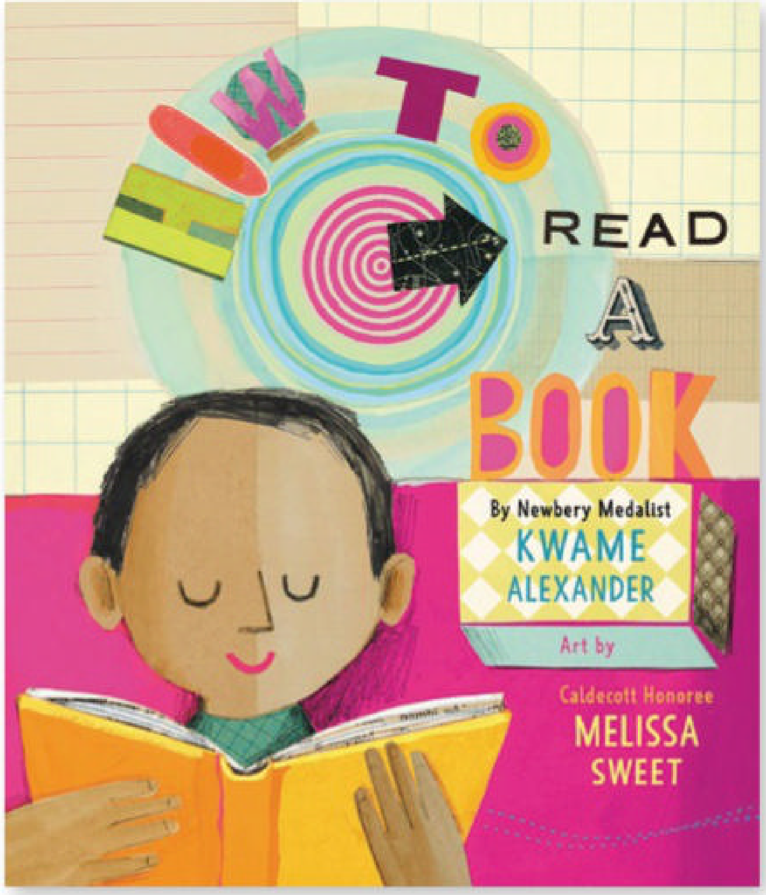
Written by Kristen Foote, illustrated by Erica Salcedo

Have you ever thought about what it would be like to be a shark? Learn what it would take to make it as a great white as you follow along with a group of baby sharks! They have a lot to learn if they are going to survive as one of the ocean's fiercest predators. This book may have silly illustrations, but it is chock-full of awesome, true shark facts! Recommended for ages 5–10.

How to Be a Person ▶

Written by Catherine Newman, illustrated by Debbie Fong

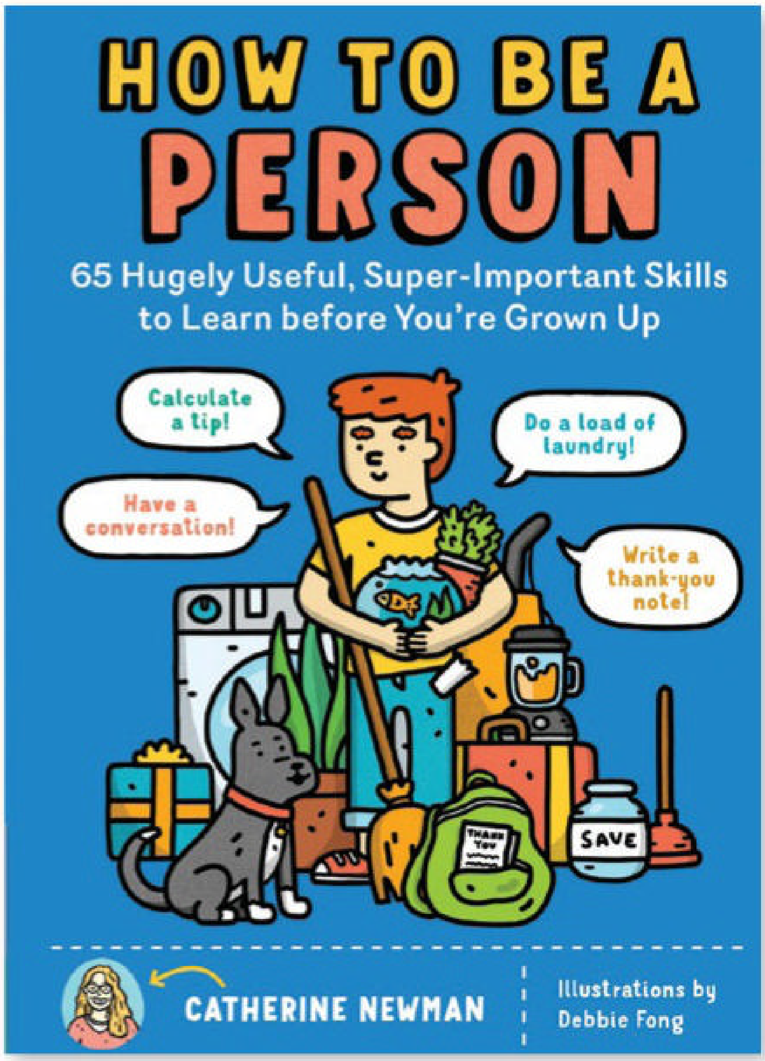
Do you ever feel like you don't know what to say or how to get something done? While there certainly isn't one right way to be a person, there are many small skills that can help you communicate better and navigate the world with greater ease. Offering a mix of practical life skills and excellent social advice, this illustrated and interactive book will help you be your best self! Recommended for ages 10–14.


HOW TO READ A BOOK
By Newbery Medalist
KWAME ALEXANDER
Art by
Caldecott Honoree
MELISSA SWEET

How to Read a Book

Written by Kwame Alexander, illustrated by Melissa Sweet

The unique illustrations and poetic writing in this picture book will make you want to read it over and over! For anyone who has experienced the joy of opening a book and getting lost in its pages, this "how to" story will capture your heart. Don't worry, you don't have to be a seasoned reader to enjoy this book; just let the descriptive prose pull you in! Recommended for ages 4–8.


HOW TO BE A PERSON
65 Hugely Useful, Super-Important Skills to Learn before You're Grown Up
Calculate a tip!
Do a load of laundry!
Have a conversation!
Write a thank-you note!
SAVE
CATHERINE NEWMAN
Illustrations by Debbie Fong

HOW TO

Get a Library Card

Are you interested in reading some of the awesome books described here? Did you know you can get access to all kinds of books for free? All you need is a library card! A library card will give you the ability to borrow books, movies, and other materials from your local library. Some libraries even have a "library of things" where you can borrow cooking equipment, games, musical instruments, and more. Here are the steps to get a library card:

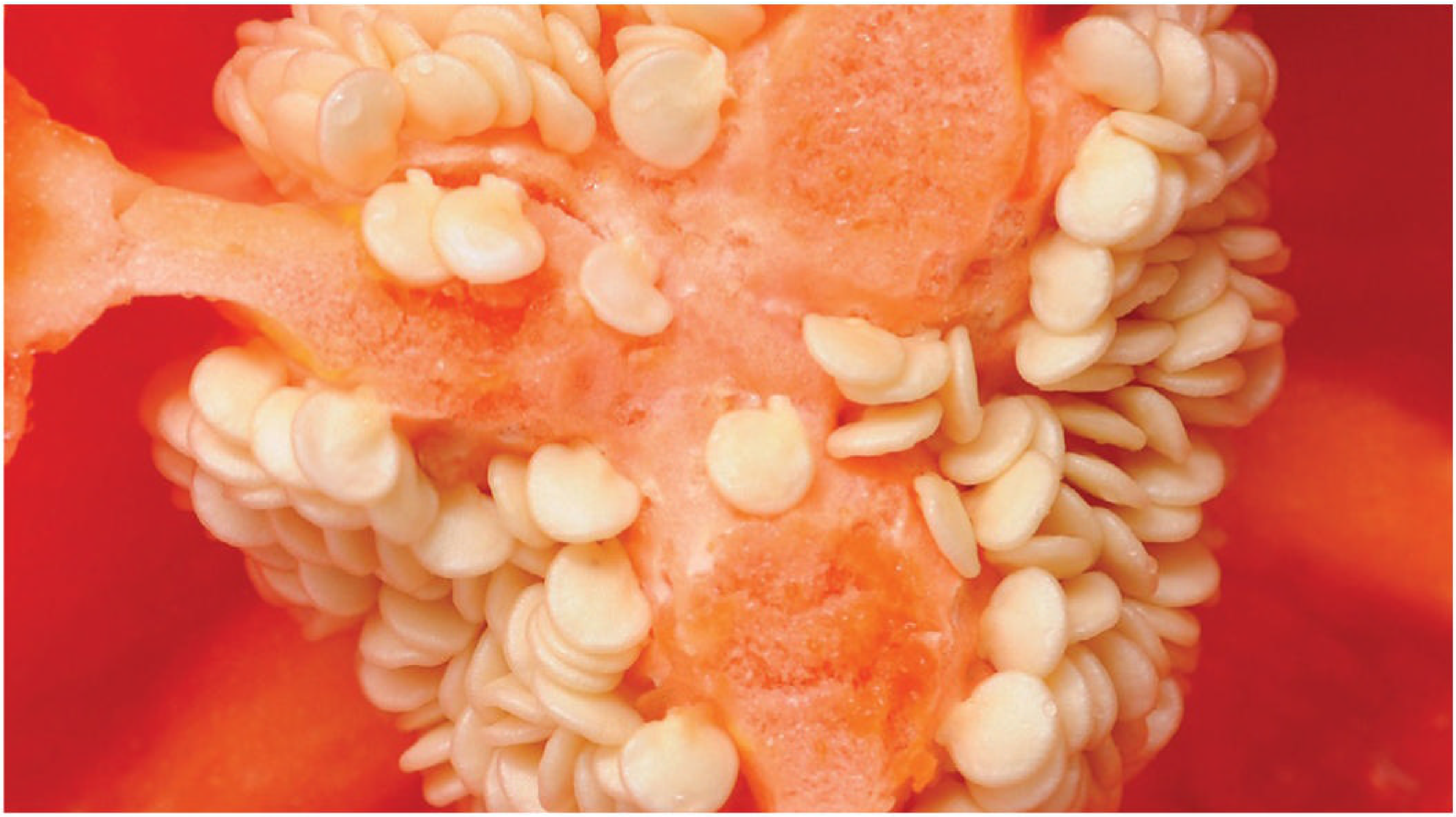
1. Ask an adult you live with to visit your local library with you.
2. Ask your adult to bring something that shows where you live—like their driver's license or a letter you received at your home.
3. Visit the front desk at the library and ask about getting your library card. They will help you get your card.*
4. Once you have your card, borrow anything you like!
5. Make sure to keep track of your card and return your items on time so that you can borrow again the next time you visit!

Exeter Public Library
Where the Stories Begin...
772-3301

* Some libraries keep an electronic record of your account instead of giving you an actual card.

Do you have a question about libraries or library cards? Librarians LOVE to answer questions, so call your library right up and ask!

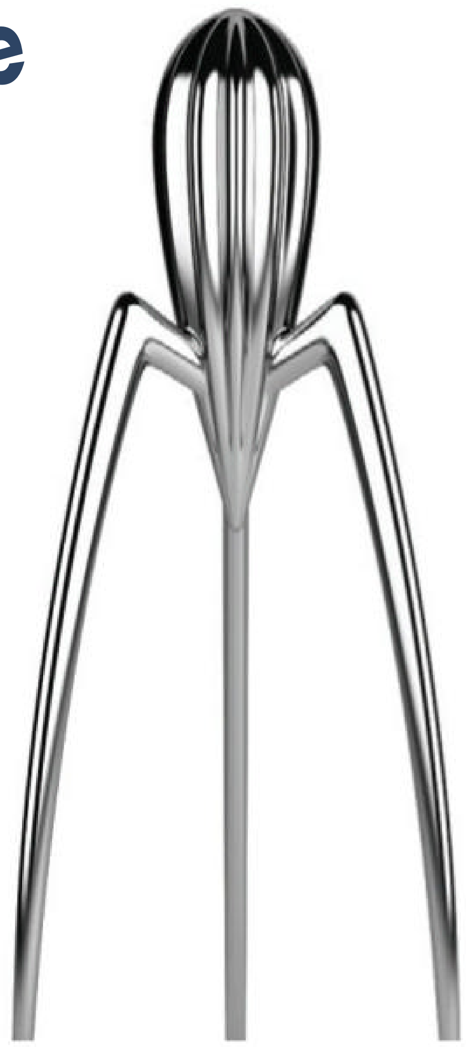
LOOK AGAIN



Can you guess what this is? Answer on page 45

Take me to your lemon

No, it's not a spaceship. It's a lemon squeezer! It was designed by Philippe Starck in 1988, and you can see it in the Museum of Modern Art in New York City.



SCRAMBLED WORDS

Unscramble the words to find some of the ingredients and kitchen gear you need to make one of our delicious summer recipes.

CLAIRG
☐▨☐☐☐☐

ALTS
☐▨☐☐

SLACILONS
☐☐☐☐☐☐☐☐▨

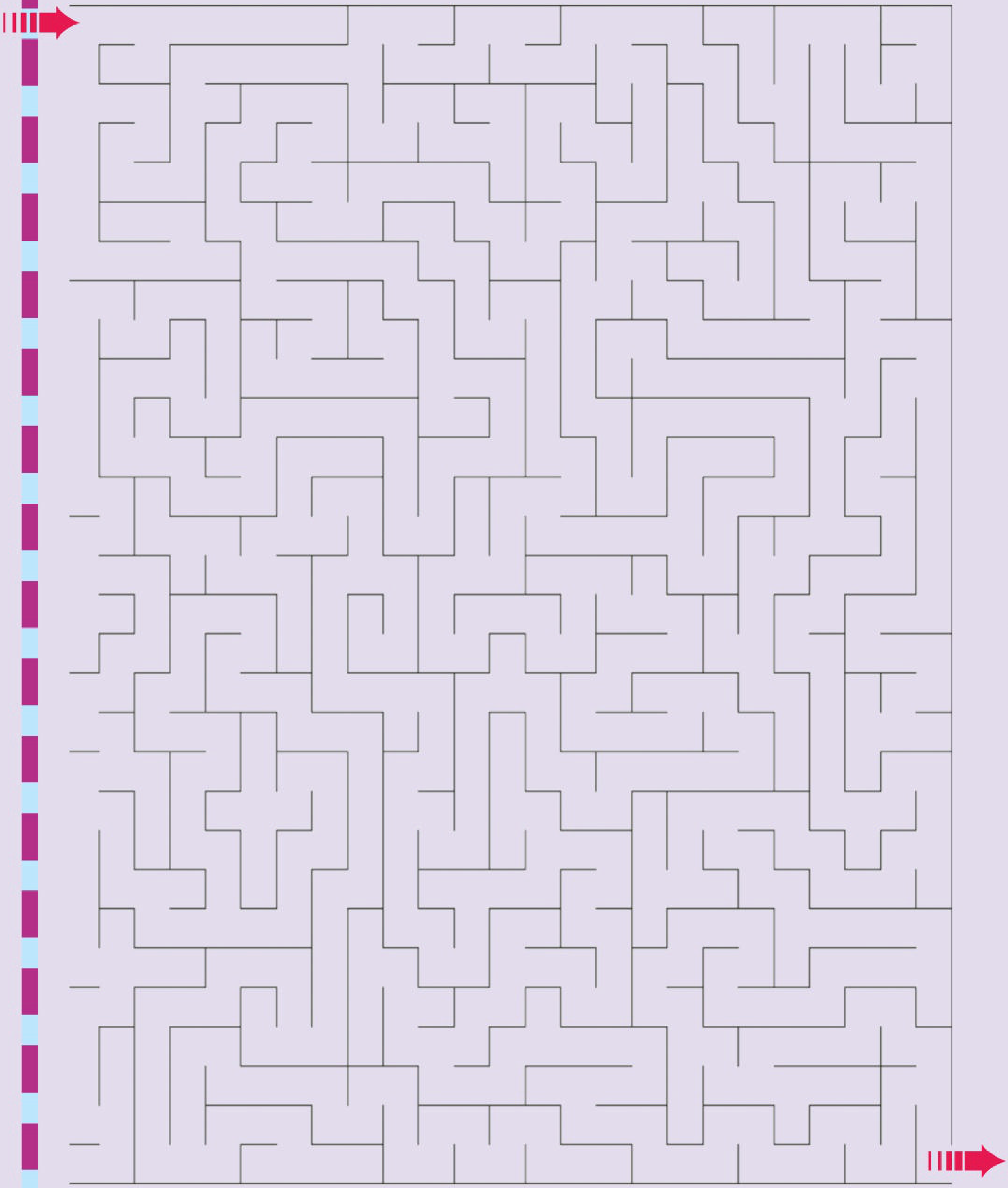
SPRAMENA
▨☐☐☐☐☐☐☐

SMATOETO
☐☐☐☐▨☐☐☐

Then unscramble the letters in the colored boxes to find part of the recipe's name. Answers on page 45

▨▨▨▨▨

AMAZING MAZE Can you find your way out?



Stock Your Kitchen

Keep these essential ingredients on hand so you're always ready to cook.

Dark Red
Kidney
Beans

PANTRY

- Canned beans (black, white, kidney, and chickpeas)
- Canned tomatoes (diced and whole)
- Low-sodium chicken or vegetable broth
- Vinegar
- Vegetable oil
- Olive oil
- Mustard
- Kosher salt
- Black pepper
- Spices
- Flour
- Honey
- Maple syrup
- Whole-wheat pasta
- Rice
- Canned tuna

REFRIGERATOR

- Eggs
- Plain yogurt
- Cheese
- Milk

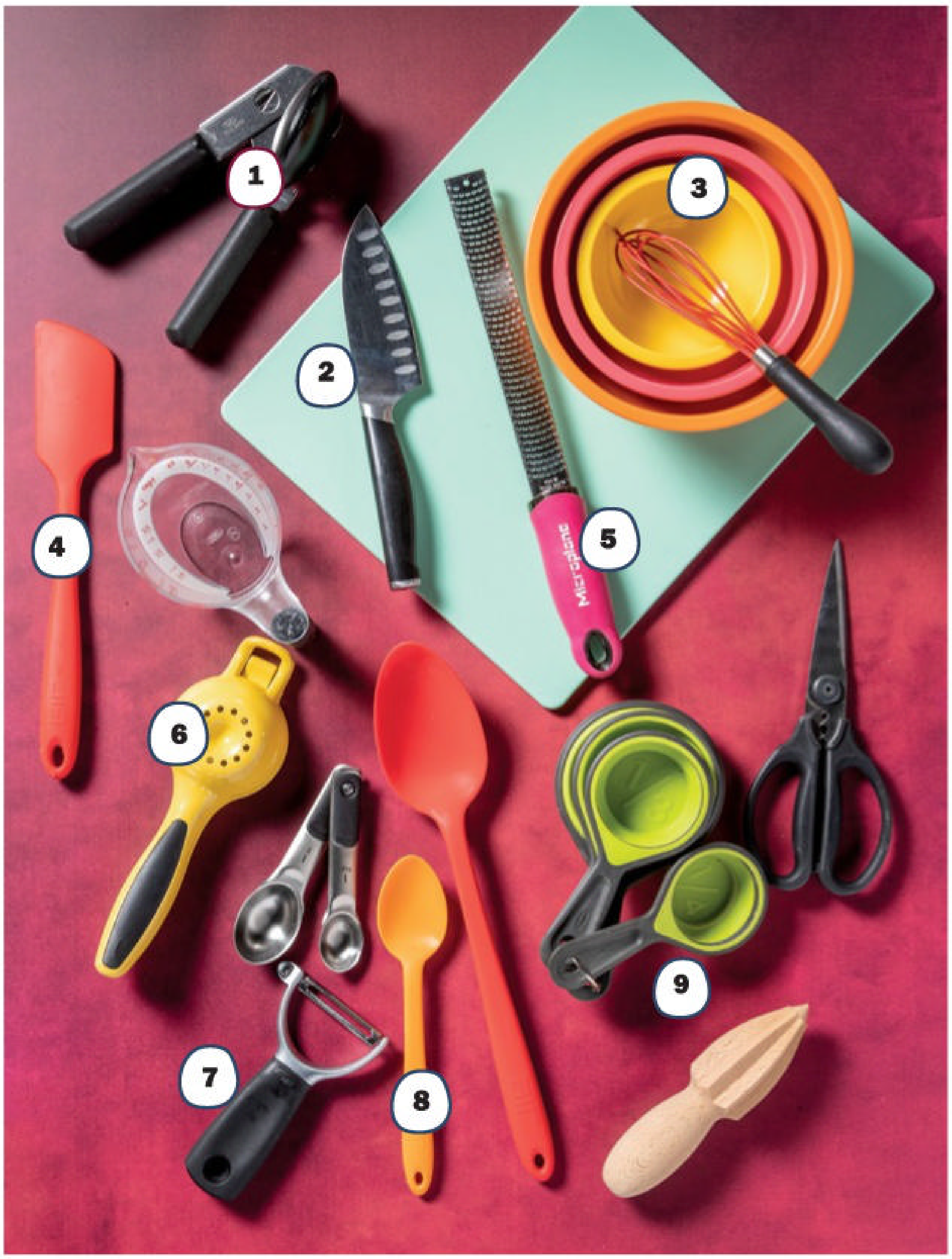
PRODUCE

- Lemons and limes
- Garlic
- Onions and scallions
- Carrots
- Celery
- Fresh herbs

SHOPPING LIST FOR THIS ISSUE

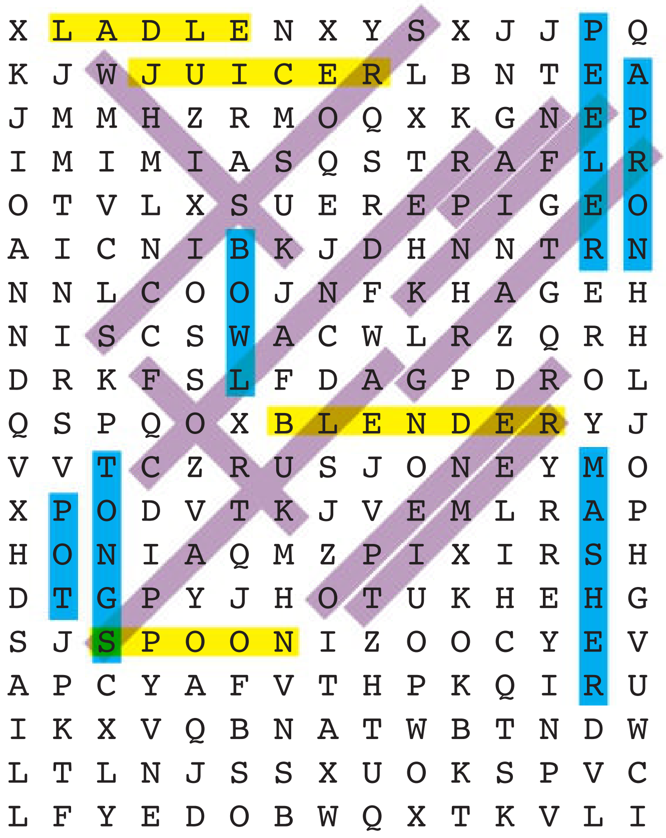
- Raspberries
- Cucumbers
- Fresh tomatoes
- Bell peppers
- Green beans
- Fresh or frozen corn
- Oats
- Walnuts
- Butter
- Fresh or frozen berries
- Bananas
- Fresh, frozen, or canned pineapple
- Kale
- Tortillas

Solutions



WORD SEARCH

FROM PAGE 26



X	L	A	D	L	E	N	X	Y	S	X	J	J	P	Q
K	J	W	J	U	I	C	E	R	L	B	N	T	E	A
J	M	M	H	Z	R	M	O	Q	X	K	G	N	E	P
I	M	I	M	I	A	S	Q	S	T	R	A	F	L	R
O	T	V	L	X	S	U	E	R	E	P	I	G	E	O
A	I	C	N	I	B	K	J	D	H	N	N	T	R	N
N	N	L	C	O	O	J	N	F	K	H	A	G	E	H
N	I	S	C	S	W	A	C	W	L	R	Z	Q	R	H
D	R	K	F	S	L	F	D	A	G	P	D	R	O	L
Q	S	P	Q	O	X	B	L	E	N	D	E	R	Y	J
V	V	T	C	Z	R	U	S	J	O	N	E	Y	M	O
X	P	O	D	V	T	K	J	V	E	M	L	R	A	P
H	O	N	I	A	Q	M	Z	P	I	X	I	R	S	H
D	T	G	P	Y	J	H	O	T	U	K	H	E	H	G
S	J	S	P	O	O	N	I	Z	O	O	C	Y	E	V
A	P	C	Y	A	F	V	T	H	P	K	Q	I	R	U
I	K	X	V	Q	B	N	A	T	W	B	T	N	D	W
L	T	L	N	J	S	S	X	U	O	K	S	P	V	C
L	F	Y	E	D	O	B	W	Q	X	T	K	V	L	I

WHAT'S DIFFERENT?

FROM PAGE 24

Numbers show changes in the picture. Changed items are listed below.

1. Can opener opened
2. Knife changed
3. Whisk different color
4. Spatula flipped
5. Grater moved
6. Juicer turned over
7. Slicer changed
8. Spoon different color
9. Measuring cup moved

SCRAMBLED WORDS

FROM PAGE 42

GARLIC

SALT

SCALLIONS

PARMESAN

TOMATOES

Answer:

PASTA

LOOK AGAIN

FROM PAGE 42

Answer: The inside of a red bell pepper

KITCHEN CASH

FROM PAGE 37

1. 2.80 ÷ 40 = $0.07 (7 cents)
2. 1.92 ÷ 16 = $0.12 (12 cents)
3. 0.12 – 0.07 = $0.05 (5 cents)
4. 15 x 0.07 = $1.05
5. $1.92 – $1.05 = $0.87 (87 cents)

OUR MISSION

ChopChop Family's vision is to enrich the lives of families by inspiring and teaching them to cook and eat real food together, while having fun and learning essential skills for a full life.

WHAT MATTERS TO US

We believe that cooking and eating together is fundamental to every family's health and happiness, and that if children learn healthy eating habits when they are young, they will maintain healthy lifestyles into their teenage and adult years. Cooking not only promotes better health, it builds relationships, saves money, and teaches math, science, and cultural and financial literacy, along with other critical life skills. We aim to counteract today's rampant "kitchen illiteracy" by empowering families and communities with our positive message and common-sense, innovative, and fun solution.

DONATE!

Donate at chopchopfamily.org/support-us to help with our mission to get *ChopChop* to organizations that serve those most at risk.

SUBSCRIBE

ChopChop is a quarterly print magazine for an annual price of $24.95. Order at chopchopfamily.org/chopchop-magazine

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a 501(c)(3) corporation. ISSN 2169-0987.

52nd printing, printed at LSC Communications, May 2023.
Printed in the U.S.A.

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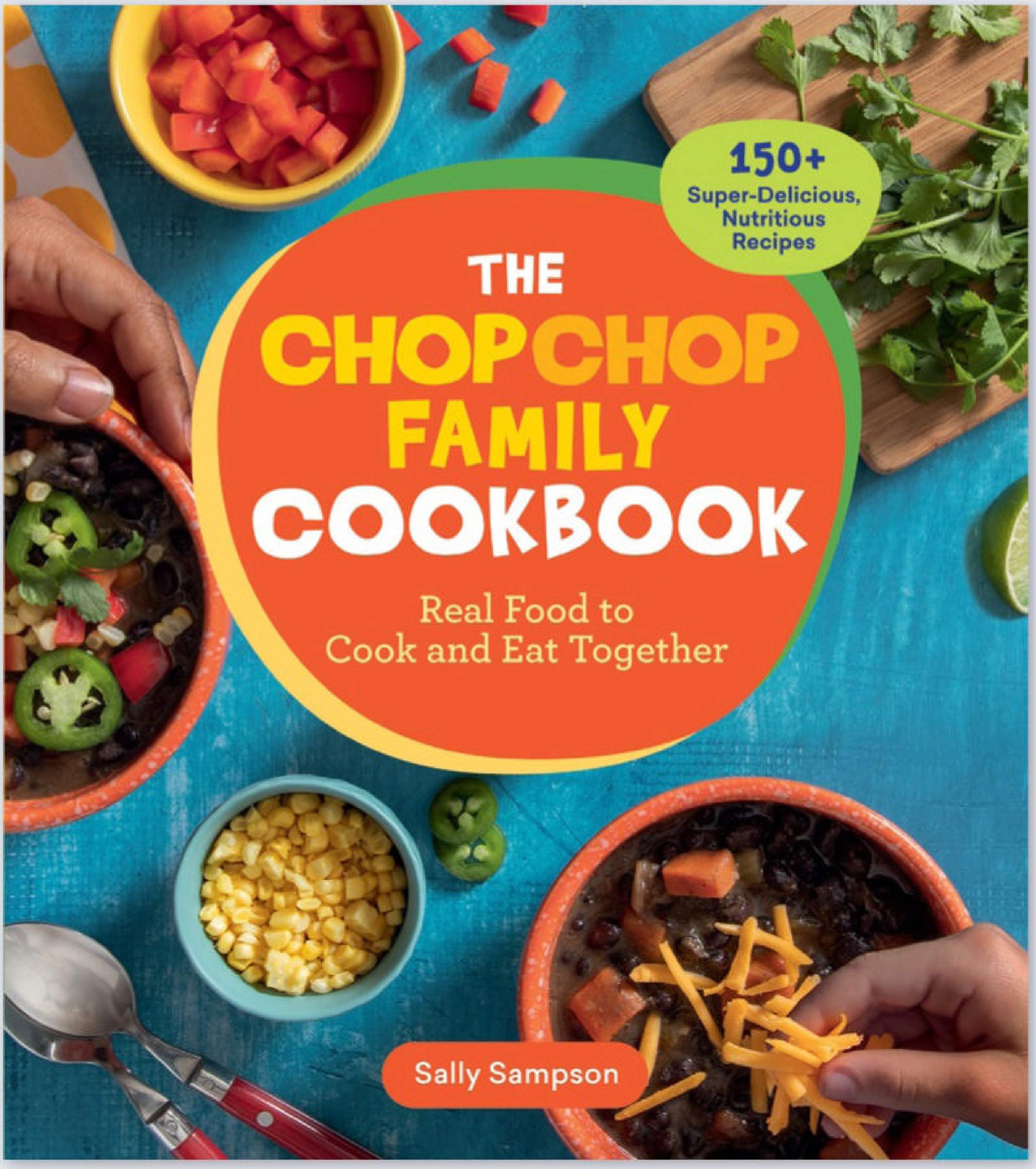
LOOK WHAT'S COOKING



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Super-Delicious,
Nutritious
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FAMILY
COOKBOOK

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Cook and Eat Together

Sally Sampson

This colorful, easy-to-follow cookbook is specially designed to appeal to both adults and kids in budget- and time-strapped families. Packed with introductions to popular foods, kitchen skills, Mix & Match charts, and nutrition sidebars, every page of this rich resource is designed to help families develop the know-how and confidence to cook and the many benefits of making and eating homemade meals together.

Visit www.chopchopfamily.org/ourshop to order yours!